A

SUPPLEMENT

TO THE

QUEEN-LIKE CLOSET,

OR

A LITTLE OF EVERYTHING.

PRESENTED

To all Ingenions Ladies, and Gentlewomen,

By *HANNAH WOOLLEY.*

LONDON,

Printed for *R. Chiswel* at the *Rose* and *Crown* in S. *Paul's Church-yard*, and *T. Sawbridge* at the *Three Flowers-de-Luce* in *Little-Britain*, 1680.

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To all Ingenious Ladies and Gentlewomen.

LADIES, *The last I sent unto your view,*
The Queen-like Closset *I presented you:*
And in it such rare Secrets I may say,
In Book *you will find (though read you may)*
Twelve years past since first in print I came
More for my Countries good, than to get fame.
My study was to impart to others free,
What God and Nature hath informed me.
I must not hide that Talent God me gave,
Content I am others a share should have
To practice what I teach; if pains they'l take,
Rewards for all my care they will me make.
I'm wom to Ingenuity I'le be,
Such Ladies *shall command all Arts from me.*
Nothing from them I'le hide that's in my heart,
To wait on them I think it is my part.
And to confirm to them what I have writ,
Craving no Censures, 'mongst them that have Wit.

If any one that Honour will me give,
To see me in the place where I do live,
I will them satisfie in every thing
That they desire, and vindication bring
Unto my self, who have been much abus'd
By a late printed Book, my Name there us'd:
I was far distant when they printed it,
Therefore that Book to own I think not fit.
To boast, to brag, tell stories in my praise,
That's not the way (I know) my Fame to raise.
Nor shall I borrow any Pen or Wit
(Innocence will hide what faults I do commit.)
My true intent is for to serve you all;
To Work, to Write, to come when you do call.
Nor would I seem as dead while I do live,
No commendation to me would that give:
Nor like the idle Drone my time to pass,
But as the Bee, suck Hony from Flower and Grass,
The Quintescence of what I have I send;
Accpt it really, as I intend,
For to accomplish those who want the skill,
Their Tables to adorn and Closets fill.
To those of viper Judgment I submit.
To commend, or to censure what I've writ.
Thus Ladies, *I take leave, desiring still,*
Your pleasures and your fancies to fulfil.

H. W.

TO THE READER.

YOu find in my former Books Inſtructions, for *Cookery*, *Preſerving*, Rare *Waters*, both Cordial and pleaſant; *Cakes*, *Jellies*; ſeveral excellent Remedies for thoſe in *Conſumptions*, and for the *Stone*.

I ſhall now give you ſome Directions for waſhing Black, and White *Sarſnets*, or Coloured *Silks*; waſhing of *Points*, *Laces*, or the like; ſtarching of *Tiffanies*, making clean *Plate*, cleaning of *Gold* and

and *Silver Lace*, washing *Silk Stockings*, adorning of *Closets* with several pretty Fancies; things excellent to keep the *Hands* white, and *Face* and *Eyes* clear; how to make *Transparent Work*, and the *Colours* thereto belonging; also *Puff Work*: Some more Receipts for *Preserving* and *Cookery*: Some Remedies for such *Ailments* as are incident to all People; as *Corns*, *Sore Eyes*, *Cut Fingers*, *Bruises*, *Bleeding at Nose*; all these you may help, by my Directions, with a small matter of Cost; whereas else, you may be at a great Charge and long Trouble, and perhaps endanger your *Eyes*, or *Limbs*. I shall give you none, but such things as I have had many years Experience of, with good success, I praise God.

As you dare confide in me, I pray make use of them: I hope you will not fear, since what I have

have already imparted hath been found true, and hath benefited many.

Some are of that mind, that they value nothing but what is, *far fetcht*, *Dear bought*, or *Hard to be had*, and will rather prize those things which are kept Secret, though if known, are but simple: And such are apt to slight what is made known to them, not regarding the *reality* of the Friend who doth impart it to them, meerly out of their Good-will, and to save their Purses. Such is the *vanity* of this wicked World, that whatsoever one doth out of a sincere and Christian-like mind; yet it is slighted. I may compare it to those words in the *Gospel*, which says, *Cast not Pearl before Swine*. And, if *Galen*, and *Hippocrates* and *Paracelsus* were alive, or any of the Wisest Philosophers, and should declare in Writing all their

their Skill, and lay those Writings down to the view of every Eye, not one in ten would believe it. For my part I am of that mind, never to condemn any Man till I prove it false; nor publickly to commend any thing, till I find it good. You may believe me, if you please, and as you find the Truth, so trust me.

I have been *Physician* and *Chirurgian* in my own House to many, and also to many of my Neighbours, eight or ten Miles round. I think it not amiss to recite some of those Cures I have done, the Places, where I have done them, and upon whom; but cannot particularly tell you with what, where the Cure is difficult; because there is in those cases a good Judgment required; and I use those things in those Cases which are not Common Receipts, which may as well Kill, as Cure; but such things as I

find proper to take away the Cause of the Distemper; Experience with much Reading must give that understanding. I dare not therefore adventure to teach, but only those things wherein People cannot easily Erre, and by which they may recieve good.

For the rest of what I have spoken, and for many other things which I cannot in few words relate, if any person will come to me, I will satisfie them to their content; and be

Their Freind,

and Servant,

H. Woolley.

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A SUPPLEMENT TO THE *Queen-like Closet*: OR, A little of every Thing.

Imprimis: *To starch Tiffany.*

DO not soap your Tiffany, save only on the hems or laces, with Crown Soap, then wash them well in three ladders pretty hot, and your last ladder be made thin of the, do not wrinse them nor wring hard, then dry them over Brim,

ſtone, and keep them all the time from the Air, for that will ſpoil them,

Then make your ſtarch of a reaſonable thickneſs, and blew it according to your liking, and to a quarter of a pound of Starch, put as much Allom as an Haſel Nut; boyl it very well and ſtrain it, and while it is hot, wet your Tiffanies with it very well, and lay them in a Cloth to keep them from drying, then waſh your hands clean and dry them, then hold your Tiffanies to a good fire till they be through hot, then clap them and rub them between your hands from the fire till you ſee they be very clear, then ſhape them by a piece of Paper cut out by them before they were waſhed, and iron them with a good hot Iron, and they will look gloſſie like new Tiffany.

Thus you may ſtarch Lawns; but obſerve to iron them on the wrong ſide, and upon a Cloth wetted and wrung out again. Sometimes (if you pleaſe) inſtead of Starch you may lay Gum-Arabick in water, and when it is diſſolved, wet your Lawns in that inſtead of Starch, and hold them to the fire as before directed, clapping them and rubbing them till they are very cleer.

To make clean Points or Laces.

Take white Bread of half a day old, and cut it in the middle, and pare the Crust round the edge, so that you may not hurt your Points when you rub them, then lay them on a Table upon a clean Cloth, and rub them very well with the white Bread all over, then take a clean little brush and rub over the Bread very well; till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off, then brush it very well from the Bread, and take a clean linnen Cloth and gently flap it over several times.

Thus you may get the soil off, from white Satten, Tabby, Taffety, or any Coloured Silk; provided it be not greazy, or too much soiled.

To wash and starch Points.

Take your Points and put them into water, then make a strong ladder with the best Soap you can get; then dip your Point in that ladder and soundly rub the Point on both sides; so do till you

have washed it in four ladders, then wash it in fair water alone, then with Blew water; and when you have so done, take Starch made thin with Water, and with your brush on the wrong side wash it over with it, so let it dry: then lay your tent upon a Table, and with an Ivory bodkin made for the purpose run into every close and narrow part of it, to open it betwixt the gimp or over-cast, likewise into every Ilet hole to open them.

For the Laces after you have pulled them out well with your hands, you must iron them on the wrong side.

Let your water be warm wherewith you make your ladder.

When you take them out of the tent Iron them on the wrong side: let not the water be too blew with which you wash them.

To wash White Sarsnets.

Lay them very smooth and streight upon a Board, and if there be any dirty plats sope them a little, then take a little hard brush and soap it well, then dip the brush in water, and with it make a pretty thick ladder, then take the brush a-

rub your Sarsnet well, the right way of the Sarsnet side-waies of the brush, and when you have washed one side well, turn it and wash the other.

Then have a clean ladder scalding hot, and cast your Hoods in double into it, and cover it, and still as fast as you wash them cast them into that; you must give them three good washes upon the board, and after the first ladder let the other be very hot, and cast them in a scald every time; then take up a Scalding hot-ladder, into which put some Gum-Arabick, steeped before in water, and some smalt to blew it a little; let them lie doubled up in that, close covered for one hour; when you come to take them out, be sure you rub them very well all over, and then fold them up to a very little compass, and squeeze them smooth betwixt your hands, then smoak them over Brimstone, then draw them between your hands every way till they be little more than half dry, then smooth them with good hot Irons the same way you did wash them, and upon the right side of the Sarsnet.

To

To wash Coloured Silk,

They are done the same way with the White, only there must be no blew, nor smoaking over brimstone.

To wash Black Sarsnets,

They are washed the very same way with the other, only wrinsed in strong Beer cold, without any Gum, and ironed upon the wrong side, and on a Woollen Cloth.

To wash Silk Stockings.

Make a good strong ladder with Soap, and pretty hot, then lay your stockings on a Table, and take a piece of such Cloth as the Sea-men uses for their Sails, double it up and rub them soundly with it, turn them first on one side and then on the other, till they have past through three ladders, then wrinse them well, and hang them to dry with the wrong side outward; and when they are near dry, pluck them out with your hands, and smooth them with an Iron on the wrong side.

To make clean Gold and Silver Lace.

Take the Lace off from your garment, and lay it upon a Table, and with a brush rub it all over very well with burnt Allom beaten fine, till you find it to become of the right colour; then shake it very well, and wipe it very well with a clean linnen Cloth often times over.

To get spots of Ink out of any linnen Cloth.

Before that you suffer it to be washed, lay it all night in Urine, the next day rub all the spots in the Urine, as if you were washing in water, then lay it in more Urine another night, and then rub it again, and so do till you find they be quite out.

To get the stains of Fruit out of any linnen Cloth.

Take them before they are washed, and with a little Butter rub every spot very well, then let the Cloth lye in scalding Milk a while, and when it is a little boiled, rub the spotted places in the Milk till you see they are quit out, and then wash it in Water and Soap.

To take out any greasie spots out of Silk, Stuff, or Cloth.

Take a linnen rag and wet it very well in fair water, then with a pair of tongs put a live Sea-coal or Wood-coal upon the wet rag, and hastily close the rest of the rag about the coal, and presently lay it upon the greasie spot while it is smoaking hot; and when you do perceive it to be cool do so again, and so do till you find they are quite taken out.

To make clean Plate.

Wash your Plate first in Soap-suds and dry it, then if there be any spots, rub them out with Salt and Vinegar.

Then when you have so done anoint your Plate all over with Vinegar and Chalk,, and lay it in the Sun or before the fire to dry, then rub it off with warm clean linnen Cloths very well, and it will look like new.

To keep the Hair clean, and to preserve it.

Take two handfuls of Rosemary, and boil it softly in a quart of spring water till it comes to a pint, and let it be cole-

red

all the while then strain it out and keep it; every Morning when you Comb your head, dip a spunge in this water and rub up your Hair, and it will keep it clean and preserve it, for it is very good for the Head, and will dry up Rheum.

To wash the Face.

There is no better thing to wash the face with, to keep it smooth and to scour it clean, than to wash it every night with Sandy, wherein you have steeped a little flower of Brimstone, and the next day wipe it only with a Cloth.

To make a Salve for the Lips.

Take two ounces of white Bees-wax: slice it thin, then melt it over the fire with two ounces or more of pure sallad Oil and a little white Sugar-Candy, and when you see that it is well incorporated take it off the fire, and let it stand till it be cold. Then set the skillet on the fire again till the bottom is warm, and so turn it out, and your Lips or sore Nole, or sore Eyes with this, and it will heal.

To keep the Teeth clean and sound.

Take common white Salt one ounce, as much of Cuttle-bone, beat them together, and rub your Teeth with it every Morning, and then wash them with fair water.

I have spoken enough concerning your Cloaths, and Face and Hands, now I will give you direction for to be your own Chyrurgeons and Physicians, unless the case be desperate: but before I begin to teach, be pleased to take notice of what Cures I have done, that you may be assured of my ability.

First, take notice that my Mother and my Elder Sisters were very well skilled in Physick and Chyrurgery, from whom I learned a little, and at the age of seventeen Had the fortune to become to a Noble Lady in this Kingdom, that Married, which was at twenty four years (those seven years I was with her) finding my genius, and being of a Charitable temper to do good amongst the poor Neighbours, I had her purse command to buy, what Ingredients I

required to make Balsoms, Salves, Ointments, Waters, for Wounds, Oyls, Cordials and the like; besides she procured such knowledg for me from her Physicians and Chirurgians (who were the best that all *England* could afford) and also bought many Books for me to read, that in short time, with the help of those Worthy men before mentioned, I soon became a Practitioner, and did begin with Cut-fingers, Bruises, Aches, Aches, Head-ach, Bleeding at the Nose, Blisters, Whitloes on the Fingers, Sore Eyes, Drawing of Blisters, Burnings, Mouth-ach, and any thing which is commonly incident; and in all those Cures God was pleased to give me good success.

When I was about the age of two and twenty years, I was sent by this Noble Lady to a Woman in hard labour of Child, who being quite wearied out with her pains, she fell into strong Convulsion Fits which greatly endangered both her self and the Child, but by Gods help the Remedies which I gave her caused the Fits to cease, and a safe Delivery followed.

When

When I was Married to Mr. *Woolley*, we lived together at *Newport Pond* in *Essex* near *Saffron Walden* seven years, my Husband having been Master of that Free-School fourteen years before, we having many Boarders my skill was often exercised amongst them, for oftentimes they got mishaps when they were playing, and oftentimes fell into distempers, as *Agues*, *Feavers*, *Meazles*, *Small-Pox*, *Consumptions*, and many other Diseases, in all which, unless they were desperately ill their Parents trusted me without the help of any Physician or Chirurgion: likewise the Neighbours in eight or ten miles round came to me for Cure.

A Woman who had had a sore Leg one and twenty years I quite Cured.

Another being kicked by a Churlish Husband on her Leg, so that a Vein was burst, whereby she lost at the least a pottle of Blood; I stayed the Blood and cured her Leg.

A young Maid as she was cutting Sticks with an Ax, by chance cut her Leg sorely, she having long time been afflicted with the Green-sickness and Dropsie, not only Cured her Leg, but also her other Distempers at the same time.

A Gentleman having got a bruise on his Leg by the lash of a Whip, and being in a desperate condition with it, so that he was in danger of his life, I in a competent time did Cure.

Many of the Convulsion-fits, and Ricketts among Children I did Cure.

One being bitten with a Mad-Dog, I in very short time did Cure him.

Several Woman who had sore Breasts and sore Nipples, I Cured.

Many who had violent fits of the Stone I eased them.

A man being much bruised with the fall of a Cart upon him, I Cured.

One being much bruised by Rogues meeting him on the way, and after they had beaten him down, kicked him on one side of his Head, so that his Ear was swelled you could see no shape it had, and withal fell into a Feavor: I, by Gods help did Cure.

A Woman who for divers Months had a very great Flux upon her, I speedily Cured.

A man lying sick of the Meazles, and being all struck in, so that it was thought he could not possibly have lived, I gave him a Cordial which brought them forth again and recovered him.

A

A Child of a year old being taken with the shaking Palsie, I Cured.

A Man having a Pitch-fork run into the Corner of his Eye, I Cured.

A Woman having a Stick run into the Corner of her Eye, I Cured.

A little Boy falling from a Bridge into a little River, cut his Head so with a stone, that while I had it in Cure there came forth a sliver of the skull; I Cured.

A Man taken suddenly with an Apoplex, as he walked the Street, his Neighbours taking him into a House, and as they thought he was quite dead, I being called unto him, chanced to come just when they had taken the Pillow from his Head, and were going to strip him, but I caused him to be set upright, and his mouth to be open by force, then did I give him something out of a little glass, and caused him to be rubbed and chafed, and Air to be given him, so that in a little time he came to himself and knew every one: He lived about ten hours after, and gave God and me thanks, that he was not taken away in that condition, but gave him sense to make his Peace with God and to order what he had left. I wished

him to send for a Physician; which he did, who did approve of what I had done, but could not save his life.

A Woman being struck with a staff upon the Lip, so that it was cut asunder with the blow: I in short time Cured.

Many I did Cure in that Town, which were burned with Fire, and some scalded, and none of them had a Scar.

A Girle about twelve years of Age being taken with a Lethargy, and after I had brought her out of it she fell into strong and strange Convulsion-fits, which in few weeks I did perfectly Cure.

After these Seven years were past, we lived at *Hackney*, near *London*, where we had above threescore Boarders; and there I had many more Trials for my Skill both at home and abroad.

I Cured my own Son of an Impostume in the Head, and of a deep Consumption, after the Physicians had given him over.

I Cured a Woman of Threescore years old, who had lyen Bed-ridden half a year of a Timpany, and was not able to help her self: This Cure I did in three

I Cured a Man-servant to a Gentleman, who had a fore Leg by a fall from an high place, and it was grown so dangerous, that it was thought incurable.

I Cured a Bricklayer who had a fore Leg by the fall of Timber, and because he was poor his Chirurgeon gave it over.

I Cured a Shoe-maker of a fore Leg, who had spent three pound on it before he came to me.

I Cured a poor Woman of a fore Leg, who was advised by a Chirurgion to have it cut off.

A Cancer in the Nose I have Cured.

Cankers in the Mouth and Throat.

The Green-sickness in many. *Dropsie, Jaundies, Scurvey, Scatica, Griping* of the *Guts, Vomiting* and *Loosness.*

And for the Palsie, whether Dead or Shaking, I am sure none can give better Remedies, nor know it better than I do, having bought my Experience at a dear rate; there is none who have been more afflicted with it than my self, and (I humbly bless God for it) there is no Person more freer from it than my self, nor from any other Disease, and that is very much, I being now in my Two and fiftieth year.

Much more I could say, but I think need not; for they who do believe any thing I write, will, I hope, have confidence to make use of these Receipts I shall give them without any fear. It is altogether as necessary that you should know how to keep your Bodies in health, and preserve your Eye-sight and your Limbs, as it is to Feed or Cloath your self. Therefore the more fully to accomplish you; let me perswade you not to slight, but to value what I shall teach, and give God the glory; who out of so mean things as I shall name, he should, of his goodness to us, create in them so great a vertue. I do not attribute any thing but to his alone power and give him praise when he pleaseth to make me an Instrument of doing good.

For

For any Ague whatever.

TAke of the dried leaves of Lawrel which is esteemed in Gardens; Take of the fine powder thereof as much as will lye upon a sixpence by heap, mix it with any liquid thing, and take it one hour or two before the fit comes; do this three times and go to bed, and keep warm.

The best thing to give it in is Treacle-water, Cardus-water, or Dragon-water.

For the falling Sickness.

Take a live Mole, and cut the throat of it into a Glass of White-wine, and presently give it to the party to drink at the New and Full of the Moon (*viz.*) the day before the New, the day of the New, and the day after, and so at the Full.

This will Cure absolutely, if the Party be not above forty years of Age.

For an extream Rheum falling from the Head.

Take some *Lucatelia* Balsom, and spread it thin upon the smooth sides of red Sage leaves, take five or six of these leaves with the other side downward upon a few embers of Wood Coals, and take the smoak through a paper tunnel into your mouth; thus do every morning till you find a Cure.

For Worms a miraculous Cure.

Let the party drink their own Water with a little Methridate mingled therein, for three dayes together in the morning fasting, and walk after it.

A most excellent Oyntment for all manner of swellings and sores, and for the Kings Evil, it will dissolve it if it be to be dissolved, it will both break and heal, it is good also for sore Eyes if anointed therewith.

Take one pint of the juyce of *Cellondine*, and boil it in one pound and half of new Butter never salted, till you may by your judgement think it to be enough,

so

so keep it in a Gally-pot for your use, and when you apply it let it be warm, and bath the place well, if it be not broken, but if it be broken, then dip fine linnen Cloths in it and lay on twice in the day, anoint sore Eyes gently with a Feather, every night till they are well.

A most excellent Balsom for Wounds.

Take a pint of the purest sallad Oyl, and put to it four ounces of common Brimstone beaten fine, and and set it in the Sun for three weeks or more before you use it.

If the wound be inflamed, spread some conserve of Red-roses upon a Linnen Cloth, and lay it on over night, the next Morning bath it well with Brandy, and then lay on this Balsom with a Feather warm, use the Conserve of Roses till you find the Inflamation to be quite gone, and if you perceive proud flesh to grow in the Wound, then lay in a little burnt Allom after you have washed it, before you lay on the Balsom.

Conserve of Red-roses is also very good to lay upon inflamed Eyes, moistned first with a few drops of Plantain Water,

or

Water, and then ſpread upon Lawn, and ſo laid on the Eye-lids with a Lawn between, bind it on all night, and the next day waſh it off with a little Red-roſe-water, and a little White ſugar Candy.

For a Cancer in the Breaſt; or to Cure ſore Eyes.

There is no better thing in the World than to take inwardly Sows or Wood-lice, in this manner following.

Take about ſix ſcore of them alive, and waſh them in a little White-wine, then bruiſe them well in a Porringer with the back of a Spoon, then pour in ſome clean White-wine into them, and ſtrain the juce of them into a quart of Whitewine or Ale, but Whitewine is better, keep it in a Glaſs-bottle, and every Morning faſting, and at four of the Clock in the Afternoon drink one quarter of a pint of it, ſo long as you find you need it. Then take a quart of Spring-water that runs in the Eaſt, and boyl therein two handfulls of red-Sage till half your water be conſumed, then ſtrain it out and put in a little Roch-Allom, and then ſome Honey, heat them together over the fire, and then put it in a Glaſs for your uſe:

lay

lay nothing to your Breast but linnen Cloths dipped in some of this Sage-water warmed, Morning and Evening. It is the Wood-lice which doth the Cure, for any Drink which is made of them, especially if it be in White-wine, doth not only Cure a Cancer in the Breast, but also sore Eyes, Scurvy, drowsiness in the Brain, Convulsion-fits in Children or in Older people, or any manner of Obstructions, for they will carry out all evil and venemous Humours out of the Body.

For any Spots in the Face.

Take a piece of the After-birth of a Womans first Child, and rub your Face with it over night, the next morning wash it off with a little new Milk warm from the Cow; do so three or four times and it will help.

To cure one who pisseth their Bed.

Take of the After-birth of a Woman and dry it in an Oven, and beat it to powder, and give as much as will lye on a sixpence in a little Wine or Syrup, for a week together every Morning fasting, and nothing is better.

For

Madness, and for fumes in the Head.

Rub the soles of the Feet with the Spirit Brandy every night, and apply the Herb nbane, bruised with a little Nutmeg White-wine Vinegar to the Temples; will ease pain in the Head, and cause Party to sleep.

For pain in the Bones.

Anoint the place grieved with Dogs ase every night by the fire, and wear ts cut out of a Bears skin in their Shoes ry day, and their pain will be gone.

r the Leprosie, or any other venemous Humour

Swallow every twelve hours a bullet of d, and still as you voyd one wash it in ndle-water, and at the due hour swallow gain, continue doing this a long time it will Cure.

To kill Rats.

Dry a Sponge in Butter and hang it by ring, and the Rats will forsake the m.

To

To Cure a Horse of a Cold, though he had had it never so long a time.

Take two new laid Eggs, put them into an Earthen-pot, and then put in as much Whitewine Venegar as will cover them, then cover them close and put them into a Horse-dunghill and cover it over with the dung, so let it stand twelve hours, then pour it down the Horse throat shels and all, and gallop him after it, and Gloath him very warm, be sure you give it him three or four times but there must be a day between every time.

For a Cow that Stales blood.

Take a good handfull of the Herb called Peruwincle and bruise it, and boyl it in a quart of Ale till it come to a pint then strain it and give it her to drink do so three times. Peruwinckle hath also an excellent vertue to stench bleeding at the Nose in Christians if it be made into a garland and hung about the Neck.

An excellent Medicine for the Cold Gout.

Take Stone-pitch three drams, pound to duſt; and ſet it over the fire; Venice Turpentine ſo much as being mingled with the Pitch, will make it ſpread when the Pitch is cold; the beſt Turmerick, 5 or 6 Races beaten to powder, Letharge of Gold half an ounce; mix all theſe toge-ther when you have warmed the Pitch, and work them together that all may come one Subſtance, and uſe it for your Plaiſter, following the Gout as it ſhall remove.

For the Hot Gout, A moſt admirable Medicine.

Take the Bones of a Horſes Legs, break them, and take the Marrow out of them, and waſh it clean, it muſt be the beſt Marrow, waſh the Bones alſo, and put both the Marrow and them into a Kettle with Running-water, and ſet them a boyling, ſcim off the firſt riſing that will be froth, then ſcim off all the reſt that ariſeth and ſave it, as you

do the Neats-foot Oyl; then take of Hyſſop, Time, Camomile, Roſemary, and ſix leaves of red Sage (of all) the quantity of a handful, and when you have got as much Oil as you can, then boil the Herbs in it for a quarter of an hour, then ſtrain it and keep it in a Gally-pot or Glaſs; the quantity of a ſmall Nut will go a great way; you muſt ſtrip the Roſemary and Time upwards, and be ſure you put in none of the ſtalks; put in as much Sothernwood-tops and of Lavender-Cotton, as you did of each of the other Herbs; and boil them with the other, keep it well from the Air.

An excellent Gliſter to Cool and Bind.

Take a quart of new Milk, and a handful of Knot-graſs, as much of Bramble, as much of ſmall Plantain; boil theſe together in the Milk, then ſtrain it and put in ſix penny weight of Bolearmoniack, and adminiſter it bloud-warm.

For the running Gout, or any hot Tumor.

Take Mallows, Violet leaves, Marsh-mallows, Melilot, of each two handfuls, Fenugreek seeds beaten two ounces, crumbs of white bread as much; boil these in Milk and make a Poultis therewith; then put into it a little Oil of Roses, and apply it to the grieved place very warm twice a day.

To cure a Deafness which is caused by the stoppage of the Ears by Wax.

If it hath been long, then drop into the Ear a little of Bitter-Almonds warm-ed for a week together every Night, when the Party is in Bed then take a little warmed Sack, with as much of the best white Anniseed-water; and seringe the Ear with it once a day for three days together, and keep them stopped with soft Wool. If they have been deaf but a little while, then the Wine with the Anniseed-water will be sufficient, without the Oil of Almonds.

For the falling down of the Mother.

Take Smiths Water and Oaken leaves, or the Bark of Oak, and boil them well in a Pewter dish close covered, then strain it through a Cloth; wet Cloaths therein and apply them hot two or three times in a Night when you go to Bed: Thus do for a week together, and keep your self warm in the day time.

A most excellent Plaister for the Gout wherewith a Gentleman as I knew was Cured after all the Chirurgions had given him over.

Take half a pound of un-wrought Wax, half a pound of Rosin, one ounce of Olibenum, four ounces of Letharge of Gold, three quarters of a pound of White-Lead finely beaten and searced; then take a pint of Neats-foot Oil, set it on the fire with the Wax and Rosin, and when it is melted put thereto the other powders, and stir it fast with a stick till you find it be enough; so make it up in Rols, and keep it for your use, and when you feel any pain apply it upon linnen.

for the biting of a Mad-dog, taught by Doctor Mathias.

Take of Rue, of Garlick, of scraped Pewter, of each two ounces, of Venice-Treacle one ounce, of Muscadine one quart; put all these into it, stop it close and boil it in a Kettle of water for the space of two hours, then poure off the cleerest, and apply some of the dregs to the place bitten, and give the Patient two spoonfuls to drink of the Liquor; Morning and Evening for nine days together. This never failed Man nor Beast.

To make Oyl of Charity.

Take Rosemary, Sage, Lavender, Camomile, the lesser Valerian, of each one handful; cut them small and put them into Oyl-Olive, let it be very thick with the Herbs, let it infuse seven days in the Sun; then take the Glass wherein they are and wind about the bottom a little Hay, and set it into a Kettle of seething Water, and let it stand two hours; then strain it out and put in Herbs, and do as before, so do three times; then put in Valerian alone and do as before, then

ſtrain it and let the Oyl ſettle: keep the cleareſt for Chriſtians, and the grounds and Herbs for Beaſts.

The Vertues.

It healeth green-Wounds and Bruiſes (if inwardly:). Take a ſpoonfull of the cleareſt Oil in a little warm Poſſet-drink, and go to Bed and ſweat after it. It cureth the Tooth-ach if it comes of a cold Rheum, dipping Clothes in it and lay to the Cheek. It is good for all Aches that come of Cold. It is good for Deafneſs, if it be dropped into the Ear warm, if firſt the head be carefully opened with the ſteam of red-Sage and Milk boiled together. It will alſo Cure or knit together a bricken Rib.

To Cure a Timpany. Proved by me.

Take ſhell-Snails, crack their ſhells and take them off, then put the Snails into a Cullender for a little while to drain, then beat them in a Wooden-Boul or Mortar till you find they are well beaten; then warm it a little in a ſtone-Pan and ſpread it upon Sheeps-leather, and lay it all over the Belly when the Party goes to Bed, and bind it on: the next Morning take it off, and lay inſtead thereof a warm Cloth. Thus do three Nights together.

To

To make the Black-water, to cure a Thistlow Woolf; Noli me tangere; *or any Tetter or Scald*; *or any other Sores.*

Take the fatteſt Wool about the Cod of a ſheep, dry it in an Oven after Houſhould-Bread is drawn; then beat it into fine powder; put to it a ſufficient quantity of white Roſe-Water, with a little Mercury ſublimate, and ſo apply it to the grieved places, by wetting linnen Rags and lay it on warm.

A moſt excellent Diet-drink for any Diſeaſe, cauſed by ſharp or foul Humours.

Take Saſa-perilla 4 ounces, Saſafras-wood 4 ounces, and China-root 1 ounce, 4 handfuls of Egrimony, 4 handfuls of Colts-foot, 4 handfuls of Scabious, 2 penny worth of Marſh-Mallow-root, one handful of Betony, 1 handful of Ladies-mantle, 1 handful of Sanicle, and 1 root of Columbine; ſhread the Roots aboveſaid, and put them together with the Herbs into three gallons of Running-water; boil it to two Gallons, then ſtrain it, and put to the water one gallon more of Water, and boil it untill it be half conſumed; then ſtrain this

drink, and put thereto one pottle of Whitewine, and one pint and half of Honey, boil it a little again and scum it very clean, then take it from the fire, and put in two ounces of Sena, and three quarters of an ounce of Rubarb; drink a draught thereof Morning and Evening: It is good for Dropsie and Scurvey.

For a Film in the Eye.

Take *English* Honey, and the Marrow of a Gooſe wing, of each a like quantity, warm them together, and lay them on the Eyelid with a Feather, and let it go into the Eye, dreſs it twice a day till it be well. It will cure thoſe films which do come of the the ſmall Pox.

To Cure ſore Niples, or for a bruiſe which comes by a fall.

Take Parſly and ſhred it, and boil it in Cream till you ſee an oyl on the top of it, then take that oyl and boil with a little Loaf Sugar, and ſo apply it.

For the Stone and Choler.

Half an ounce of Caſſia in the Cane taken from the point of a knife, and preſently

...ly after it half an ounce of Manna, ...ssolved in Posset-drink, and two hours ...er that drink Lemmon Posset-drink: ...is you must do three days together,

To make Thistolow Water.

Take of Bolearmoniack four ounces, Camphire four ounces, white Coperas ...e ounce; slice the Camphire thin and ...eat the Coperas fine; then boil them ...o together in an Earthen-Pan never ...ed, they will melt of themselves with- ...t any thing to them; when they are ...elted, stir them together with a little ...ick till they are hard, then beat them ...a Mortar to a Powder, and then beat ...our Bolearmoniack and mix with them ...ery well, and keep it tied up in a blad- ...er (it will keep seaven years:) when you ...se of it, take a quart of Spring-water ...nd make it boiling hot, then put in one ...ood spoonful of the powder and stir it ...bout, and when it is cold put it into a ...Glass, and cover it: When you dress ...ny Wound or Thistolow with it, you ...ust warm it very hot, and bath the ...lace well with it, then double some ...oft rags and wet them in it, having

before a little Honey in the heating of it; so lay on your wetted Rags, and bind them on: thus do twice a day till it be well. This heals very fast, if the Wound be fit to be healed; but if there be any inflamation in it, it is not for it.

If you use it for the Eyes, you must warm it, and drop it in. I did Cure a Gentlewoman of a Thistolow in the Eye with it, which she had by the Small-Pox: and several sore Legs I have Cured with it.

It is very good for the Itch (and for Gald-Horse backs) only you must double your quantity of Powder, and always put in Honey when you heat it; for that doth cleanse and help to heal.

For Rheum in the Eyes.

Dragons-bloud, Bole-Armoniack, and Mastick beaten and searst, of each a like quantity; mix them with the white of an Egg well beaten: then spread it on a piece of Leather, and lay it on the Forehead, from one Temple to another, and let it lie till you be Cured; which, with Gods blessing, will be in three days.

To

To ſtench Bleeding at the Noſe, or in Wounds

Take of Frankinſence one dram, Aloes half a dram, beat them into fine powder; then peat the white of an Egg and mix with it, let it be of the thickneſs of Honey; dip the wool of a Hare in it, an apply it to the Wound, and bind it on: if to the Noſe, ſpread it upon a linnen Cloth, and lay it to it.

For Kibed Heels.

Take the Wool of a Cony, and the white of an Egg, beaten together, and ſpread it upon a linnen Cloath and lay it on: but if they are broken, then take a live Mouſe and flea it, and lay the skin on while it is warm.

For the Rickets in Children.

Take of the inner Bark of Ivy, the inner Bark of Aſh, Harts-tongue leaves, branches of Tamarisk, boil them in four Gallons of middle-Wort, and put in ſo many of Hops as you think will keep it: when it is cold enough, work it up with Yeaſt as you do other

other drink, have one Veſſel under another, and let the Child drink no other drink for a quarter of a year, I have cured many with this drink, and a plaiſter of Paracelſus upon Sheeps leather to the ſmall of the back.

An excellent Remedy for the Stone.

Take White-wine and quench a black Flint in it five ſeveral times, then ſweeten it with Syrup of Marſh-Mallows, and take it Morning and Evening for three days.

An excellent Cordial Electuary.

Take of Conſerve of Sage-flowers, Roſemary-flowers, Marigold-flowers, and of red-Roſes, of each one ounce, mix them together with one ounce of Syrup of Clove gilly-flowers, and ſix ſheets of leaf-Gold; keep it in a Gally-pot, and take every night when you go to bed as much as a little Walnut. It is very good for any weak Body.

For the Bloudy-Flux or any other Looſneſs.

Take two or three Races of Ginger and ſlice them thin, and lay ſome of them

over

over a Chaffing-dish of Coals; then sit over the heat and smoak of it, and take heed you catch no cold: Do this Morning and Evening for three or four days.

For the Worms in Children.

Take of the tops of unset-Leeks, with the lower part also of them, one handful, as much of the tops of Wormwood, chop them small; then set them on the fire with a little fresh Butter and a little Whitewine Vinegar, and boil them till the Herbs be soft, and that it be reasonable thick; then put it between two linnen Clothes sewed like a Bag, and lay it warm all over the belly of the Child at Night, and bind it on with a Cloth. The next Morning take it off and put a warm Cloth instead thereof.

Thus do three or four Nights together and it will cause them to void the Worms. It doth also draw Wind and infection out of the Body.

To make a black-Salve very good for Corns, or for any Sore Old or New.

Take a pint of Sallad Oyl, and half a pound of Red-lead, and put them into a skillet

Skillet that will hold three pints, or near, for fear of boyling over, ſtir it all the while, and let it boil ſoftly till you perceive it to look black, and that it leave boiling and doth ſmoak; then take it from the fire, and let it ſtand till it be quite cold, then warm the bottom of the Skillet and turn it out.

An excellent Water for a Canker in the Mouth or for any Sore.

Take of Roſemary, Sage, plantain and Scurvy-graſs, of each one handful, one little branch of Herb of Grace, and a little Sweet-bryer; boyl theſe in a quart of Water and a quart of White-wine, and put therein a bright ſhining Sea-coal as big as an Egg, one that was never burned; let them boil ſoftly over a ſlow-fire, cloſe covered, till half be conſumed; then ſtrain it out and put in ſome Roach-allom, make it ſharp with it; then make it very ſweet with Honey, and ſet it over the fire again till it be boyling hot, then when it is almoſt cold put it into a Glaſs-bottle, and keep it for uſe; when you uſe it, waſh your Mouth with it very hot, three or four times in a day; and then take a little warm Hony in

your

your mouth to ease the smart: Bath Wounds with it very hot and well, then lap linnen Clothes in warm Honey and lay on. Dress it twice a day.

A very fine Poultis to lay on any Sore, to take the inflamation out of it; or to lay to a sore Breast to break, or to disolve it if it will not break: It will also heal it if broken.

Take a quart of Milk, and boil it with two slight handfuls of Oatmeal, and one good handful of white-Lilly leaves (I mean the green leaves of the white-Lillies cut smal) when it is boild enough, put in as much of the best sallad Oil as will make it very soft and moist; according to the bigness of your Sore spread some of it upon a linnen Cloth, and lay over it as hot as you can suffer it Morning and Evening: when you dress it wash it with a little Brandy and Butter.

For a tickling Rheum and Cough.

Take of Conserve of Fox-lungs two ounces, Syrup of Colts-foot, Syrup of Maiden-hair, Syrup of Hore-hound, Syrup of Hysop, Syrup of Violets, of each one ounce; mix them well together, and take them often in the day or night, upon a Liquorish-stick.

An

An excellent Balsom for inward Bruises, for outward Wounds, and for the Stone.

Take of Oyl-Olive, Oyl of Turpentine, and of the best Whitewine, of each one quart, put into them three good handfuls of the tops of St. *Johns* Wort, with the flowers and seeds, let them stand in a Glass in the Sun ten daies, then put them into a long Gally-pot, and set that pot into a Kettle of water, and fasten it with Hay, let the water seeth for two hours, then take it out and set it by, alwaies keep it covered.

If you take it for the Stone, take a spoonful of it at a time in a Glass of Whitewine, in the Morning fasting for three days together at the New and Full of the Moon, but if you should be suddenly taken, then take it when your self is in pain.

For Sores, warm it a little, and after you have well washed the Wound with Brandy, lay on the Balsom with a Feather, and dip Lint in it and lay into it, and a piece of Hogs-bladder over that, that the linnen you bind it up with may not soak it up, dress your wounds Morning and Evening.

If you take it for an inward Bruise, take two spoonfuls of it in a Glass of White-wine, and go to bed and sweat, do so three nights together; be sure to jumble the pot well together when you take any, else the Oils will be at the top, and the Wine at the bottom; the Herbs and Flowers applyed stench bleeding in Wounds, or at the Nose.

A most admirable Drink for a Cough: it also expelleth any congealed Blood, Impostume, or other filthy Humour. It healeth all inward Ulcers, and cooleth inflamed Lungs, and also healeth Ulcers in them.

Take two pounds of quick-Lime and put it into ten quarts of Spring-water in an Earthen pot; let it stand twenty four hours; then you will see as it were a thin skin on the top of it, which you must take off very clean with a scimmer, then pour off all that is clear into another pot, and put into it these things following:

Of blew Figgs slit in two halfe a pound, Raisons of the Sun stoned half a pound, of *Liquorish* scraped and sliced in four ounces, of China Root sliced thin

thin two ounces, of Anniſeeds bruiſed one ounce, of the ſhavings of Ivory four ounces, of Maiden-hair one handful, of Burrage, of Pimpernal, of Balm, of Penny Royal, of Colts-foot, Scabious, Horehound, of St. *Johns* Wort, of each one handful, and half a handful of Marigold flowers; then put in four ounces of Earth worms, ſlit and cleanſed from their filth with White-wine.

Let all theſe ſteep in that water 24 hours; then take it and ſtrain it gently and keep it in Glaſs-bottles; drink thereof Morning and Evening a good draught (or if you pleaſe) oftner, and you will find great benefit.

Take two pounds more of quick-Lime, and put it into the ſame quantity of Spring-water, and do as you did before; only you may uſe the ſame Ingredients as you made the other, without any new.

For a Rin and Web in the Eye.

Take of red-Rose-water one quarter of a pint, put it into two pennyworth of Mastick finely powdered, and one quarter of an ounce of white Sugar-Candy; then have in readiness of burnt-Allom, and white Sugar-Candy, of each a like quantity beaten fine and searsed, and mix them well together: when you dress the Eye, first wash it well with the Water, and then blow in some of the powder with a quill, and hold your hand over it till the smart be gone; the next Morning let some Goats-Milk be milked into it, and do nothing else in the Morning; and every Evening use the other: so do till your Eye be well.

Do not put any Cloth, or Silk before your Eye, for that poysons it, by causing the venemous humour to return.

This Water is very good for other sore Eyes, if it be well washed with it Morning and Evening, and if the Rheum be very much in the Eyes, then lay a Plaister of Burgundy Pitch to the Nape of the Neck, and let it lye as long as it will stick.

For

For the Tooth-ach.

Anoint that ſide of the face on which the Tooth-ach is, from the Temple down to the lower part of the Ear (upon all thoſe Veins which carry the Rheum to the Teeth) with a few drops of Oil of Amber, work it well with your hand and gently; then ſpread a black Ribbon two pennys broad with Maſtick, and lay it upon the place which you did anoint, and keep it on.

For a Thruſh in a Childs mouth.

Waſh it Morning and Evening with a little Verjuyce and Hony, warmed a little, and then blow in ſome white Sugar-Candy beaten fine with a quill.

For the Itch.

Take ſome common Brimſtone beaten fine, and mix a little beaten Ginger with it; then tie it up in Tiffany or Lawn, and let it lie in ſtrong Whitewine Vinegar with ſome Roach-Allom; when it hath lien all night you may begin to uſe it, but the longer it lies the better it will be; when you uſe it, take up the Cloth wherein

herein the Brimstone is tied, and rub all your Joynts with it very well every night when you go to bed; then take a little Methridate before you go to bed, so do till you are Cured. It is a dangerous thing to cure the Itch, and not to drive it out, for that strikes it in, and many times it falls upon the Lungs; sometimes it causes Convulsion-fits, Apoplexies or Lethargies if not driven out.

It is also very necessary when you have quite killed and cured it, to purge the Party very well, to prevent further mischief.

For a Bruise where no skin is broken.

There is no better thing than to bath it well with Oil of Spike, Morning and Evening.

For a Sinew-strain.

Take strong Beer or Ale and boil it till it be very thin, then spread it upon Leather, and lay it on as hot as you can suffer it, and let it stay on.

For

For a Conſumption or other weakneſs.

Take a Gallon of ſtrong Ale-wort, and put therein two ounces of Liquoriſh ſcraped clean and ſliced thin; and one ounce of Anniſeeds bruiſed; boil them together till it be very thick; then ſtrain it while it is hot, and keep it in a Gally-Pot, and take thereof every Morning and Evening: It is a very good Remedy.

For a Burn.

Take the juyce of a great Onion, and put to it three ſpoonfuls of Fair-water, and as much pure Sallad Oil, and beat it together very well with two or three Feathers tied together; beat it till it be thick and white, and lay it on with a Feather; then lay on very thin Raggs dipped therein; dreſs it three times in a day, for you muſt not let it be dry; and when you do dreſs it, anoint the Cloths with ſome of it before you take them off, that they may come eaſily: the pulling of them off when they are hard and dry is that which makes a Scar.

When you perceive the fire to be quite out, then leave out the juyce of Onion and

d use only the Oil and Water, and be
e you anoint it eight or ten days after
s quite well.

I have Cured many Burnings, and some
h Gunpowder, without a Scar, with
Medicine.

For the Shingles.

Tak a Cat, and cut off her Ears, or her
il, and mix the Bloud thereof with a
le new-Milk, and anoint the grieved
ce with it Morning and Evening for
ee days; and every night when the
ty goes to Bed give her or him two
onfuls of Treacle-water, to drive out
venom.

To take away the pain in the Huckle-Bone, or for any Old ach.

Take of Burgundy-Pitch, Oxicrosci-
, and Paracelsus, of each a like quan-
; melt them together in an Earthen
inger, and spread them upon Sheeps-
her; then anoint the grieved place
h Oil of Amber. and lay on your
lister.

This is very good also for any Sprain

For

For one who is ſuddenly taken with a Numbneſs in any Limb.

Take Brandy and Muſtard, and warm them well together, and bath the place very well with it twice a day for a week together, and it will work a wonderfull effect.

To take away any extream pain in the Head in any Sickneſs,

At your going to reſt, let a linnen Cloth be dipped in Aquavite, and laid over the Forehead from one Temple to another; then dip little linnen Rags in Cinnamon-water and put up the Noſtrils, let them not be too ſhort for fear the breath draw them into the Head.

For an Impoſtume in the Ear.

Take a great Onion and roaſt it in paper wetted (in wood-Embers) when it is enough, put to it two pennyworth of Saffron, and a little ſpoonful of ſallad Oil, and work them well together with the back of a Spoon; then apply it on a linnen Cloth to the hole of the Ear, as hot as the Party can ſuffer it, at the time

going to rest, and the next day when
u take it off, put a warm Cloth instead
reof; thus do three Nights together, and
hen you find that it is broken and well
wn out: Seringe the Ear with a little
rm Sack and Betony-water for three
ys together, twice a day.

For Deafness in Young or Old.

Take Brine which comes from Beef at
e first salting, and boil it very well, and
m it well, and keep it in a Glass for
ur use:

Then take the Kidney-Suet of a Loin of
utton, and shave it very thin, and when
e party goes to Bed, fill up the hole of
e Ear that is grieved with some of the
et, and stop it with Black-wool, and
him lie on the other side that it fall not
t, and as he sleeps it will melt into the
r, thus do for a Week every Night:
en that is done, then take three or four
ps of the Brine in a Spoon and warm
little, and drop into the Ear for a
eek.

This hath done very much good to one
Fourscore years Old.

For the Emorroides or Piles.

Take of Unguentum Album, which you have at the Apothecaries commonly, melt it over the fire with a little sallad Oil and put in a little of the best Bolearmoniack; apply it upon a linnen Cloth every Night when you go to bed till you are well.

For to Cure Heart-burning.

Take prepared Crabs-Eyes, and mix leaf-Gold therein, and keep them in a Box and when you find your Heart begin to burn, lick two or three times of the powder, and it will Cure you for that time and be a means to keep it away for the future. Also a draught of Milk never at boiled doth help it; but the other Medicine is much better.

For passion of the Heart.

Take as much Confection of Alkermes as a Pea, in a drop or two of Syrup of Clove-Gilly-flowers, and it will ease you in such an instant, as you cannot but admire; it is beyond all things that ever I used, and not of much cost. Take heed that it be good Alkermes, for there is much of deceipt used in it.

For the Cramp in the Legs.

Take a lock of black-Thred, about half an ounce, and dip it in such Oil as they greaze Wool withal; then draw it through your hands very well that the Oil may not drop from it; then wind it about your Thighs, and tye it, and keep it on day and night. Eel-skins are also good to tie about the Thighs; but first they must be made gentle and easie.

And that which is as good as either of these, is to anoint the grieved parts with Oil of Spike a week together. The same perfectly Cures a Crick in the neck, in two or three times using. I like the latter best.

To Cure a Scabbed Head, and to kill the Lice.

Take the yolks of six hard Eggs, and bruise them well with a spoon, then put one pound of new-Butter to them that was never salted; boil them together till you find it to be enough, which will be in an hours space, upon a slow fire; let it look blackish when you take it off the fire; then strain it and keep it for your

uſe; anoint the Head very well with it twice a day, and it will ſoon deſtroy both Scabs and Lice in a ſhort time, to much admiration.

For Chilblanes on the Hands.

So ſoon as you find your Fingers begin to itch, ſpread ſome Burgundy Pitch upon Leather, and lay round about your Arms; let the Plaiſters be four-fingers above your hand.

They will ſoon abate the itching, and draw forth the humour where they lie, not ſuffering it any more to fall into your hands. Waſh your hands every day with right Venice Soap, and that will help you in the Cure. This is a very certain Remedy to my knowledge. It alſo Cureth ſore hands that are crackt and chopt with ſharp humour, if you lay the Plaiſters round about the upper-part of your Arm above the Elbow, and waſh with the ſame Soap.

To kill the Scurvy before you purge.

Take of Scurvy-grass, of Worm-wood and Sage, of each half a handful, with a little Rue; put them into a pint of White-wine, and let them boil till half be consum'd, close covered; then strain it, and put in as much Saffron as will well colour it.

Divide this into three parts, and take every Morning one; then take this Purge following.

Take five Gallons of Ale, put into it a quarter of a peck of Garden-Scurvy-grass bruised, two great handfuls of Sage, two ounces of Horse-Radish-root scraped and sliced very thin, Red-Dock-root sliced very thin two ounces, Annis-seeds bruised one ounce and an half, Liquorish scraped and sliced thin four ounces, Sena two ounces, Figs sliced thin half a pound. When your Ale hath done working, put all these things and stop it, when it hath been four days, then drink every Morning a pint, and again at four in the After-noon, till you have drunk all the Ale. With this I have Cured many who were very bad.

For a Squinacy, or other sore Throat.

Take the whitest dung of a Dog, which he hath dunged abroad in *May*, let it dry in the Sun very well, and when you have occasion to use it, beat it fine and searce it, and give the Party thereof a slight spoonful in a Glass of Whitewine; and mix some with Honey, and spread it and lay to the Throat: let the Plaister lie on, and take the other three Nights and it will cure you.

For a Red face.

Every Night wash your Face with this following: Take Fumitory-water half a pint, a little lump of Allom, and a little white Sugar-Candy; with the juyce of one Lemmon, and as much common Brimstone beaten fine as will lye upon a half Crown heaped. Do not wipe your Face when you have washed it, but let it dry in.

Every Morning drink a Glass of old *Malago*-Sack, and eat a little Toast dipped therein.

It will be very good for you to Purge every Spring, if you find much heat in it, which you may know by a dry hot hand, and inward heat.

To

help one who but begins to be Crooked.

Let the party sit down with her Bodice , and her Shift stripped off from her oulders, by a good fire; then take pure lad Oil, and dip your fingers in it, and roak the Party well all along the Back-one, on that side which is weak; first ently, and then harder, and cheifly the inews adjoyning to the Back-bone: rub wayes your hand downward: thus do or one hour at least every Morning; it ill both supple the Bones, and bring e blood into the weak part.

In the mean time the Party is anointing, her drink a draught of any Broth which made with strngthening things.

For the Kings-Evil, when it is broken, or if it be not.

Here is two excellent Medicines taught me, by both those that were Cured by them, when the King was absent from us.

Take Neats-foot Oil, and Verjuyce, of ch a like quantity; mix them well toge-er, and dip Cloths therein, and lay on Morning and Evening.

The other Medicine.

Take of the fineſt Wheat-flower, and the pureſt Sallad Oil; blend them together very well, and ſpread it upon a linnen Cloth, and lay to the places grieved Morning and Evening.

Let their drink be midling-Ale, wherein there is laid in ſteep, Angelico-leaves and ſtalks, Elder-leaves, and the inward Bark of it, Hounds-tongue leaves, and Plantain-leaves, of each three handfuls to four Gallons of Ale: Drink of it two or three times in a day a good draught.

They who have been touched by his Majeſty, ought to do ſomething beſides. (I commend this to them.)

For a Botch or Boil.

Take Shomakers-Wax, and lay it to it ſpread upon Leather; that will both break it, and alſo heal it: When you dreſs it after it is broken, you muſt waſh it every time with Brandy and Butter before you lay on your Plaiſter; and do not lay a new one too often, becauſe it will draw too much; and nothing makes a greater Scar then ſo doing: yet you muſt be

sure to shift them often, till the Coar drawn out.

For a Plague-Sore.

Take Figgs half a pound, and of Honey as much; beat them together extream well; then spread some of it upon a Burdock-leaf, if you can have one, or else upon a linnen Cloth: dress it twice a day; this will both break and heal it. Use it till it be quite well.

An excellent Medicine prescribed by a Worthy Physician; against the Plague and Pestilence.

Take of strong White-wine Vinegar half a pint, of Spring-water one quarter of a Pint; mix them together, and put thereto one ounce of Venice-Treacle: Take of this every Morning two spoonfuls, and anoint your Nostrils with a little Methridate; for that will not suffer any infection to pass that way.

To kill Worms which breed about the Nose.

Wash it often with Vinegar, Allom, and Brimstone, till you find they are killed: and then use Pomatum every Night to smooth the skin.

For Childrens Scabed-faces.

Take Mallow-leaves, and the leaves of Red-Dock, of each a like quantity; shred them small, and put as much sallad Oil to them as will just stand even with them; then boil them on a soft fire till you find the Herbs begin to be crispy; then presently take it off, and strain it out and keep it: Anoint the Face with it twice in a day, and every time before you dress it, wash off that you laid on before with Butter and Beer. This is very good to Heal and Cleanse.

For Chest-Worms.

Take a quarter of a pint of New-Milk and when it boils put in a piece of Allom, and stir it about till you see that the Milk be well turned, then take out the Allom, and take off the Curd very clean

clean, and give the Party the Cleer drink, to drink in the Morning faſting: do ſo three Mornings together, and it will kill all the Worms, but then it will be neceſſary for to purge them with theſe things following.

Take a pound of Pruons, and ſtew them leiſurely in fair Water; and take half an ounce of Sena and tie it up in a peice of Tiffany, with half an ounce of Liquoriſh ſcraped and ſliced thin, and a quarter of an ounce of Anniſeeds bruiſed; let theſe ſtew in the Pipkin with the Pruons till they are enough; then every Morning Faſting give four or five, or more, of the Pruons, according to the Age of the Party, and alſo two or three ſpoonfuls of the Liquor: do ſo, ſo long as you ſee fitting. I have given this with very good ſucceſs.

A fine Julip for one in an Ague or Feaver.

Take four ounces of French-Barley and waſh it well, then boil it in three quarts of Water till half be conſumed; then ſtrain the Barley from it, and put into the Water the juyce of two Lemmons,

mons, and as much white Sugar-Candy as will well ſweeten it; then put in two ounces of Syrup of Violets, and nine ſheets of Leaf-Gold cut very ſmall, give the ſick Party of this three or four times in a day, four or five ſpoonfuls at once; it is both cordial, and very pleaſant.

I Think I have ſaid enough concerning thoſe things which I have already written in this little Book: I will now give you ſome Directions for ſeveral ſorts of Work, which may pleaſure you in your Chambers and Cloſets.

And if any of you ſhall deſire to be further informed than I can poſſibly direct in Writing; or to confirm themſelves in what they have already made Trial of, if you pleaſe to give your ſelves the trouble as to come to me, I ſhall give you the beſt aſſiſtance I can in any of thoſe things which I profeſs to teach, and for a competent gratuity.

I have set down every thing as plain as I can; and I know there are many who have done things very well by my Books only: but you may imagine that if you did learn a little by sight of my doing, you would do much better; For if my Pen can teach you well, how much better would my Tongue and Hands do? The one to make answer to any Objection or Question; the other to order or to shape any thing. So that in my opinion you would not loose by having some personal Acquaintance with me; neither would I willingly loose my time and labour in informing you: Therefore I beseech you let it be thus;

Be pleased to afford me some of your Money;
And
I will repay you with my pains and Skill.

That I judge to be fair on both sides.

Imprimis: *To make Transparent Work.*

BOil all in Earth, and let your Pipkin be three quarts full of Isinglass, such as you have at the Apothecaries; broken into small pieces, and a small quantity of Gum-Dragon amongst it; then fill it up with fair Water, and boil it till you find it be enough, which you may well know by dipping your Wyer therein, which must be shaped according to the Leaves or Flowers you intend it for, Strain it while it is hot.

Now for the COLOURS.

First, *For Red.*

Take the shavings of Brazil-wood, and fill your Pipkin half full with them, then fill it up with Water, and put in a little Roch-Allom; set it over the fire, and when it boils strain it out. This and Oil-Tartar makes a Purple: Do not mix it too hot for that will spoil it.

For

For Sea-Green.

Take one ounce of Verdigreace, and a pint of Whitewine, and let it but just boil together, then let it drop through a double Brown-paper, and it will be a perfect Sea-Green.

For White.

Take of the best Cerus, and dissolve it in some of the best Isinglass-liquor and it is done: So must you mix all your Colours, as you do use them, with some of that Liquor, and put them into Gally-pots.

For Yellow.

Take Saffron and tie it in a Rag, and put it into some of your Liquor, to which you must add Gum-Arabick and Fair-water; two parts of Gum, and one of Water: When you use them, you must warm them, and lay them on with a Pencil, on the wrong-side of the Flowers.

For Primrose-Colour.

Yellow and White makes it very right: You may make it as Deep or as Pale as you will; some will do well a little Deeper than the other.

Fleshe

Flesh-Colour.

Vermillion and White makes flesh-Colour.

Damask-Rose Colour.

Vermillion, and Brazil, and Purple and White makes the Damask-Rose Colour.

Grass-Green.

The yellow added to the Sea-Green makes a perfect Grass-green, and very beautiful.

Blew.

You must put in some Smalt into your Liquor, and strain it very well, and when you will have it Pale, mix a little White with it.

Clove-Colour.

Take Logwood and boil as you do the Brazil.

Tawney.

Mix the Clove-Colour and Red together.

To make the Puff-work.

Take two ounces of white Vellom cut in pieces, and steep it in a pint and half

Water all night, the next day boil it ull away, and ſtrain it, and dip your eaves in it while it is hot. The manner dipping of your Leaves, both for the ranſparent Work, and this is thus: After you have ſhaped your Leaves or owers, you muſt hold them by that art of the Wier which is to be the ſtalk, nd dip them in the hot Liquor, and take em out, and wave them up and down in our hand till they be cool; for you muſt ip them one by one though never ſo ſmall; nd as they begin to cool that you ſee it is ted faſt in the Wier, and looks Tranarent; then bend the end of the Wier a ittle, and hang them on a line of Packhread till they be very cold.

To make the Puffs.

Take one ounce of Iſing-glaſs, and boil it in a pint of fair Water, with a piece of Allom as big as a Wall-nut; then take a little Porringer full of that you boiled before, and ſcrape as much White-lead as a little Nutmeg into it; then ſet it by and let it cool, then heat it again, and ſtir it well, then put in two ſpoonfuls of cold Water; then ſtrain your Iſing-glaſs Liquor and that together; then

then brew it with the whites of two Eggs well beaten; beat it and brew it very well, and if you find any white specks in it strain it again.

Colour them with such Colours as you make for the Transparent-Work: lay this puff Stuff on the right-side of your flowers or Leaves

How to stain Sattin for a Face, or for other things what you fancy besides.

Take Red-Sanders, and steep it in the Spirit of Sack, and it will make a perfect Blush: shadow the Face first with a Black-lead Pencil, then lay on this with a Pencil of Hogs-Brissels, and if you would have a dark-Complexion, you must add a little to the rest (of Saffron.)

For Scarlet.

The Canker-flowers being stampt and strained, dry the juyce of them, and mix it with the Spirit of Sack, and it will be a pure Scarlet.

Purple.

Take Scutcheneal, and the juyce of Lemmon.

Blew

Blew.

Take Indico and mix with the Spirit of
t, and when your ſtains are thorough
, rub them over with White-bread, and
e it off again with a ſoft clean linnen
oth.

ſt excellent Black-Dye for any Stuffs or Stockens.

Take one peck and half of black Alder-
k, and break it indifferently ſmal; then
p it three days in three Pails full of
er, and if you have any ruſty Iron
p it with it; then boil it with a pound
green Copperas; for the ſpace of an
r and half; if you can get them, put
o one ounce of Nut-galls beaten to boil
h the reſt: then ſcum off all the Bark
d let it boil up again; then put your
ff in, which you mean to Dye, and ſtir
down altogether as near as you can,
d keep ſtirring of it down for a quarter
n hour; then take it out and drain it,
d let it be half-dry, then put it in again
d do as before; then let it be quite
y, and when it is ſo, waſh it ſo long
it will blaze the Water, then dry it
ell.

To

To make clean Glass-Windows.

First brush them with a Cobwebbing Broom, then take some Spanish White and warm Water and wash them all over very well, and rub them every where; then wash it off again with cold Water very well, and rub them with clean Rags till they are very dry.

And if you would paint the Wooden-bars of your Windows white or red, take Red-lead, or White-lead, and grind it with a little Linseed-Oil, and then lay it on with a Brush; but first you must let them be very clean: Do it over twice, but let the first be dry before you lay on the second.

To make pretty Frames for slight Pictures in black only.

Cut Pasteboard plain, without form, but only long narrow pieces about two fingers breadth, and fasten them together at the corners with a little Glew; then wash them over with a Brush, with a little Lamb-black and Size mixed well together; then presently before it be dry strew

ew it all over with French-Froſt, of at Colour your pleaſe; then put on ne ſhells with Bees-wax and Roſin ted together hot.

make Frames for Pictures in work of Satten, Stich, and the like.

Let a handſom plain Frame be made Deal-wood, fit for your piece of Work; n black it over as you did the other, Froſt it; then have in readineſs ſome es out of the Heads of Whitings, ſted over Firſt; doe them over with eather, with ſome Water wherein m-Arabick hath been ſteeped, and put your Froſt, and let ſome be of one lour and ſome of another. Make e little Flowers of ſeveral Colours on round pieces of Cards, with ſmall ten-Ribbon, and faſten ſome Wier for ſtalks; get ſome ſhells and ſome Mo-r-Pearl; ſome Corral and ſome Am-r, ſome little kind of Creatures made Wax, as Frogs, and ſuch like; pieces old Neck-Laces, and Pendants, with a le Moſs. When you have got all your ngs ready, put on your ſhells firſt in ſe-al Fancies with Bees-wax and Roſin, and

and do them quick, and crush them
hard; then put on the Mother-pearl,
then as you please the rest of the things
you have put on all. It will look like
Frame of great price, but it will not c
any great matter.

To adorn a Rooms with Prints.

Buy of your Prints only Black
White, of sorts what are good, and c
them very exactly with a small pai
Cissers from the paper, put them i
a Book as you do cut them; then
your Room be done with plain Deal,
Wainscot fashion, and let it be pai
all over with White-Lead and Lins
Oil, ground together, and some li
streaks imitating Marble: then lay yo
Prints upon a smooth-board with t
wrong-side upwards, then with a kni
take some Gum-Dragon, steeped well
fair water, spread them all over as thin
you can, and still as you do them, t
them up with your knife, and so t
them into your hand, and clap them
on the Wainscot, but let it be dry firs
close them well on with your fingers th
they be not hollow in any place; a
obser

bſerve to put them in proper places, or
e it will be ridiculous; be ſure to put the
ings flying above, and the walking and
eeping things below; let the Houſes and
ces be ſet ſenſibly, as alſo Water with
ips ſailing, as you put them on, obſerve
t they have a relation one to another.

If you employ your fancy well, you
y make fine ſtories, which will be ve-
delightful and commendable; alſo
rdens and Forreſts, Landskips, or in-
d any thing you can imagine; for there
not any to be named, but you may find
in Prints, if you go to a Shop that is
ll ſtored, nor no Pencil can ſhadow
te rare than that will ſhew; it makes a
om very lightſome as well as fine: as
thoſe in Colours I do not eſteem for
s purpoſe, for they look Childiſhly,
d too gay.

If you mean to make Stories, you muſt
y good ſtore of Figures; the coloured
es are good to put upon white Plates
d Flower-pots for Cloſets.

T.

To dreſs up Glaſs-Plates, on which you may lay dry Sweetmeats or Biskets.

Take your Glaſs-Plates, and lay the right-ſides downward upon a Table; then have in readineſs ſome coloured Prints finely cut, and lay them on with Gum with their right-ſides to the wrong-ſide of the Plates; then take ſome Spaniſh Whiting, mixed with Size which is pure and cleer, let it be as Batter for a Pudding, order it ſo that there may be no knots in it but that it may be very ſmooth; then ſpread the ſame all over upon the Prints (not too thick) and when they are very dry, wipe the right-ſide clean, and ſet them up in your Cloſet to uſe at your pleaſure.

Fine Hangings for Cloſets.

Make ſome plain Net with Brown thread, and a good round Pin; let the Panes be as long and as broad as you think fit; when they are done, waſh them and ſtarch them very ſtiff, and pull them out againſt the fire till they are quite dry; then put one of them into a long Tent and let it be very ſtreight; then have in readineſs

lineſs a Pape r drawn with leaves, or wers and Leaves together, or any o- things you like; take it at the cor- under the Net, and ſo flouriſh it ac- ding to the Paper.

To make Feathers of Wooſted which do look very like natural Feathers, for the Cor- ners of Beds.

About four pounds of French-Wooſted ſerve your turn, three pounds of that our yout Bed is wrought with, and one nd of White.

irſt, Buy three quarters of a pound Wier of ſixteen pence the pound, it in the fire till it be red-hot; then it out and cool it, then cut it into es; twenty of them muſt be a yard and ſixteen ſomthing ſhorter, and e muſt be but a quarter of a yard or little more, double all theſe rs in the middle, and twiſt them tly, then take your wooſted and , and cut every skean twice, then it well with a Horn-Comb, then in whole locks as it is, in pieces a quarter of a yard long, or ſome- leſs, and comb every one of them

then take three Brown-threds, turn a large Stool the bottom upwards, and tie these Brown threds from one foot of the Stool to the other very streight; then take a long double Brown-thred in a Needle, and then take one of your short locks of Cruel, or woolsted, and cast over your Threds which you have tied to the Stool; hang them even, then sew them fast to the tied string; which that you may the better do, be sure to hold the ends of the Woolsted in one hand and sew with the other, for if you do not sew the tied Thred fast in, your Feather will not hold but come to pieces; and one thing you must be sure of that as you sew them, to clap another lock on before you have done that you begun, or else there will be gaps in your Feathers; In every Feather you must put three locks of White, or more if you please; but not too much in a lock. When you have thus sewed them, then take your Wiers, fasten a Needle and double Brown-thred to the bottom end of it, and begin at one end of your Woolsted you have sewn, and sew the Wier very fast to it; you must leave at the first end as much Wier as may be con-

ent to bind them up in a Plume, when have done them all: When you have e thus, then take some double white osted, and sew over all that so thick, nothing may be discovered that you done before; then cut the Feather the tied string and lay it on your Lap, Table, and comb it; then take it by talk, and with a Bodkin part it as right e middle as you can; then comb it up- ds, towards the tip, and you will kly perceive it to look like a natural her, then with your Cissers cut it in e, and then comb it a little again: the ones of all must be made with Woo- nor above half a quarter of a yard , for they are for the sprigs which up in the middle, and there must be in every sprig. The twenty large hers are for every Corner five, and other sixteen are for every Corner

When you bind them up, first bind three together which are for the g, and turn the right-sides inward; put on the four with the right-sides rds, and then the five; and bind the rs very fast.

Then put them into the Cups, and tur
the Feathers quite back, and bow them
down as you would have them be.

I have given you as full a direction as
can in writing; but you may imagine
that if you were with me but one hour yo
would learn perfectly. For these kind o
Feathers I have taken many a pound.

Some count it folly in me to declare
many things, and rather wish me to kee
them secret; but I am of that humour th
I must and will impart all, what may
beneficial to others; For we are not bor
for our selves alone. God made us to ser
him, and to keep his Commandement
and I am sure it is part of my duty to
kind to my Neighbour, and what is kin
ness more shewed in, than by giving goo
Counsel, and good instructions; and whe
we are not near, then to express our selv
in Writing. So do I do by you all, an
do beseech you to practice what I direc
you to.

How to save much work, and to make a suit of Chairs which be very noble.

Let what Draught you please be drawn
n a very course French-Canvas; then
e your Chairs cut out as you would
e them, either of Camlet or Paragon,
your stuff into a Tent, and then tack
r Canvas streight upon it; so work it
Cross-stich, and take heed that you do
cleave the Threds of the Canvas in the
king, nor work your Woosted or Silk
full; and when you have done, cut
r Canvas between your Leaves and
wers, and pluck out euery Thred one
one, and there will be your Work very
ve upon your stuff, and it will look ve-
high; then form it about with what
oared Gimp you fancy best.

And if you want skill to shadow, de-
the Drawer to direct you in the draw-
of it; but then you must get an Em-
oiderer to draw it, for no other can di-
t you right; and you had better not
k, then that which is ridiculous.

his way saves the grounding, or cut-
out to Embroider, and is much better
not common; therefore to be more
emed.

Another way for Chairs.

Let your Draught be drawn upo
Stuff or Satten, what else you pleas
and work it with Woosted or Silk, o
both together, which doth better the
Silk alone if it be upon Stuff; but
upon Silk, then Silk alone doth best
work it in Satten-stich, and as many o
ther stitches as you know, or can devis
and when you bring off one shadow
take a bright one from another, and th
will much quicken and enliven your wor
for one shadow simply of it self loo
very faint: Observe when you walk
broad and find a dead Leaf, or beginnin
but to wither, how many shadows ther
is mixed together; also what Bark of
Tree, what Flie, Worm, or Snale do w
admire but those which are extraordina
ry for their Colours: it is in those things
and as much difference as is between
beautiful Lady and a Cinder Woman
(the one hath lovelineſs to their dy
hour, the other are never comely)
are also some Leaves which be of a per
fect Grass-green, some Willow, som
Sea-green, which are in themselves very
pleasant

pleasant, and some of the dullest Colours you must put in, and then your work will shew the more naturally; and whatsoever you do, be sure to let your shadow be very dark, for without a dark shadow you can make no lively Work.

Now for the folds of your Leaves or Flowers there must be a place for shadow, and that must be begun with a midling Colour, and fall very light, with some other shadow among those you begin with; but be sure not to choose your Colours too near in such a case, but skip a Colour, or sometimes two, and you will find it very fine work; when you have done one piece, trim it about with a Back-stich, and let it be purely wrought, and of such a Colour, dark or light, as may agree with the Leaf or Flower you work: Let the Stalks of all be of one shadow, Hair-colour or Affli-colour will suit with any thing.

You must be sure to shadow your Stalks with Black, where you find any part of any thing to lie over it, and in all dark places be sure to begin your shadow with Black.

This kind of Work I have wrought often upon Demities; and have wrought thereon with Wooſted, Cruel, and Mohair, in all ſorts of Stiches, all kinds of Shadows, and many fancies which were after my own fancy, not at all to imitate others; for there is nothing which I hate more, then to work as a Child doth after a Sampler: That brain that can invent nothing, is good for nothing, for there is nothing which I more love than Invention.

One Bed thus wrought, with Chairs belonging to it, is worth a hundred Guinnies before the Upholſterer comes to touch it; and may, if it be cleanly wrought, be uſed ſeveral years before it be waſhed; as hath been proved.

It will not be amiſs to give you ſome directions for the waſhing of it.

Firſt make a ſtrong ladder with Soap and good Water, reaſonable warm; then lay one of your Curtains upon a Table, and with a Bruſh and ſome of this ladder, rub it very well all over, and do ſo till three Ladders are ſpent; then pour on good ſtore of fair Water to Rinſe it very well; then hang it to dry from the Sun with the wrong-ſide outward, and as it dries

es, pluck it out and ſmooth it, and fold
p, and then hang it out again, and ſo do
it be quite dry: There is no Colour
will hold, if you do waſh it after this
ner; but if you do rub the Soap upon
that will change the Colours.

The beſt Lining for theſe Beds is chang-
e Sarſnet, or Ducape, for that will a-
with any of your ſhadows, and it is as
p as any thing.

To embroider Petty-coats, Bodices, or Belts.

When your Pattern is drawn, form it
out with black Gimp, or other, which
u do fancy beſt, and fill the Leaves and
der-parts of the Flowers with Saxen-
h, ſome dark and ſome lighter: then
the upper parts, and ſeeds of Flowers,
t them be done with high-work, as
rple-ſtich, and ſuch like, and let your
lks be all alike with a great Gimp
iſted: your Flowers may be of all man-
r of ſhadows as you fancy, and if you
adow them well, they will look very
turally. thus you may go fine, and with
ſs coſt than if you bought good Lace.

It is more commendable a great deal to wear ones own Work, than to be made fine with the Art of others; and though one may be envied for it, yet none can have so just a quarrel against them, because it is their Ingenuity; and besides it argues that Person not to be idle, but rather a good House-wife. Any fool may be made fine with Cost, but give me those who can be neat and nobly habited with but a reasonable charge. The World is grown very fine of late years, but it is with so much charge (together with so ill a phansie some have in choosing things) that they look more like Stage players than fit to come into any Church, or Civil places: Some will plead Ignorance, not knowing how to do these things, but that's a bare Excuse; for if they know not already, they may learn, in a weeks time I dare undertake to teach any Ingenious Person to Embroider any of these things; therefore if any of you have a desire to learn, I shall be willing to wait on you at your Houses, and to teach you and your Servants; and for my Work, what I shall do, and for Teaching of you, I shall expect four shillings the day, and, I hope,

be, you will judge it reasonable: for may imagine, that the mean while I with you, I am wholly sequestred all profits and benefits which might ppen. Likewise if any Gentlewoman ould learn to Preserve, if she please to e me forty shillings in hand, she shall e the liberty to come so oft as she plea- , and bring her materials with her, and ny time if there be any new thing to learned, at any time, for seven years, ill direct her, or give her a Receipt, if distance.

I think it will not be amiss if I give you e direction what stiches to put into a ed which is wrought only with one Co- r, therefore observe this following:

Form it all with a double Back-stich, d on the one side of the Stalks work a oad Gold-stich, and bring it off by egrees with powdering, first pretty big iches, and so smaller and smaller; work e Veins of the leaves with Bread-stich, hain-stich, open Chain-stich, and any ther that you can think on, or devise; hen sprig them thick with several Fancies, d let the folds of your Leaves be the thinnest work, and be sure you put a adow under every fold.

If

If your Leaves be great, let them be the fuller of Work, or else you had as good do nothing; for how will the Ground shew if the work be too thin.

I saw a very fine Bed once wrought in this manner following.

The Ground was an Ash colour Pa-fagon, and drawn all over with Clouds, some of one sort and some of another, and wrought to resemble the Clouds of Night, some very dark, some lighter, and here and there between were Stars made with oyes, which you must be sure to have them good; or else they will change, else they will hold as long as your other work will last.

I have often been desired to give some directions for work in Print, and truly I have so done as plain as I can: I heartily wish I could infuse all that I can do, into those who are desireous to learn; it would do them good and me no harm, for I am still, and shall be all my life time improving my self: still as I do purchase new things, I shall impart them to you.

I shall now give you something of Cookery, and such as hath not yet been Printed.

Imprim

primis: To pot Fowl to carry to Sea; or to Keep to be spent in your House.

TAke a good company of Duck and Mallard, pluck them, and draw them, and lay them in a Tub with a little Peper and Salt for twenty four hours; then truss them and roast them, and when they are roasted let them drain from their Gravy, for that will make them corrupt; then put them handsomly into a Pot, and take the Fat which came from them in the roasting, and good store of Butter, and melt together in a Pot, set into a Kettle of boiling water, put therin good store of Cloves bruised a little, some sliced Nutmeg, Mace, Bay-leaves, and Salt, and let them stew in the Butter a while; then while it is hot pour it over your Fowls in the Pot, and let the Pot be filled, so that the Fowls may be covered; then lay a Trencher in upon them, and keep them down with a weight or stone till they are cold; then take of the same kind of Spice which you did put into your Butter, beat it very fine, and strew

ſtrew over it, and lay ſome Bay-leaves on the top, ſo cover it up; they will keep a good while. Drain your Fowl from the Gravy twenty four hours before you put them into your Pot.

A very fine way to pot Neats Tongues.

Take the largeſt Neats-Tongues you can get, and Salt them very well; two days after pour away the bloody-Brine, and Salt them again, and let them lie in that Salt a month; then take ſome Salt-Petre, and a little Roach-Allom beaten together, and rub them over with that, and let them lie one Week; then boil them till they be tender, with ſome Hay on the top of them, then take them out of the Kettle, and pull off the skins, then hang them up in a Chimney where Wood is burnt for four days and nights: then melt ſome Butter with Spice, as you do for the Potted-fowl, and put your Tongues in a pot and pour that over them; and when they have been Potted one Month, take out one, and eat it with Muſtard and Sugar, or Muſtard alone. Theſe will look very red, and eat pleaſantly.

To

To boil Beef or Mutton to eat savourly.

Take any piece of good Beef, and set on the fire with as much water as will cover it; put in such a quantity of Salt as you think fit; let it boil, and skim it very well; then put in a little whole Pepper, Lemmon-Peel, a blade or two of Mace, some sliced Nutmeg, a few Cloves, and a little Time and Winter-Savory; so let them stew together close-covered upon a slow-fire till your meat begin to be tender; then put in good store of Herbs, as Parsley, Spinage, Lettice, Cheveril, Radish-tops, Sorrel, or any other Herb you have: and when the Herbs are boiled, and the Meat thoroughly tender, put some sliced Bread into the bottom of the Dish, and lay your Meat on it, then pour your broth thereon; and serve it to the Table: One drop of this broth will be better than twenty which is made the plain way.

If they who are to eat it do love Onion or Shelot, it will do very well to put some in.

To

To Boil, or rather to Stew a Leg of Veal, a very ſavory Diſh.

Take a large white Leg of Veal, and ſtuff it with ſome fat Bacon and Sage ſhred ſmall together, with a little Sage and Nutmeg; cover it with Water, put in ſome Salt, let it boil, and ſcim it well; then put in ſome ſweet Herbs and ſome Spice, ſuch as you love, and let it boil leiſurely cloſe-covered; then when you find that the Knuckle begins to be tender, put in a pound of Sauſages cut one by one, and let them ſtew with it for a while; when you find it is enough, put in a piece of freſh Butter, and ſerve it in with the Broth upon ſliced Bread, and lay the Sauſages on the top: Garniſh the Diſh with Collops of Bacon and Sauſages.

To fry Clary the beſt way.

Take the Yolks and White of Eggs beaten together very well; then put a little grated Nutmeg, and beaten Cinnamon therein; then having your Butter very hot in the Frying-pan; take a Leaf by the ſtalk end and dip it therein, and lay

y it into the Pan, and ſo another as faſt you can, till your Pan be full; fry them own with a very quick fire, and ſerve m in with a little Butter: Forget not a le Salt amongſt your Eggs when you them.

To dreſs a Leg of Mutton; a very ſavory Diſh.

ll your Mutton in Water and Salt for ſpace of an hour, then cut it in thin es, and put it into a Diſh over a Chaff-diſh of Coals, without any Liquor, in a little time you will find the Gra- will be Liquor enough; then put in a le Salt, and a little grated Nutmeg, Onion, or two or three Shelots ſliced, ig of Time, and Winter-Savory and Anchovy; let it ſtew between two lhes till it be almoſt enough; then put a piece of freſh Butter, and when it h ſtewed a little longer, take it up and ve it in: Garniſh your Diſh with pick-Barberries, and pickled Oyſters.

To

To ſtew Muſcles, or Cockles.

Take any of them, and waſh them very well, and put them into boiling Water and Salt, and let them boil till they gape; then take them up, and take them out of their ſhells, and put them into a Diſh over a Chafing-diſh of Coals with a little White-wine, a blade or two of Mace and a little Nutmeg and whole Pepper; let them ſtew a while, then put in a piece of Butter and ſhake them together; then put your Fiſh into a hot Diſh, and take the yolks of two or three Eggs well beaten, and thicken the Sauce with them over the fire; you muſt let them be but a little time over the fire, and ſtir it well for fear it turn. Garniſh your Diſh with Parſley, Salt, and pickled Barberies.

To ſtew Parſnips: A good Diſh.

Boil the tendereſt Parſnips very well, then ſcrape them very clean, and cut them in two, and then ſlit them in half; put them in a Diſh with ſome White-wine, whole Mace, grated Nutmeg and a little Salt,

Salt; when they have ſtewed cloſe-covered one hour, then put in ſome pieces of Marrow, and a little Sugar; then ſtew them very well, and a little before you take them up, put in a little Butter, and ſhake them well together, and ſerve them in. Garniſh your Diſh with thin ſlices of boiled Parſnip, and fine Sugar beaten and ſearced.

To make a good Pye of Beef.

Take of the tendereſt piece of Beef and cut it in thin ſlices, and beat it very well with a Rouling-pin, and lay it in a little quantity of Claret-wine all night, with a little grated Nutmeg, and cracked Pepper; in the Morning make your Pye, and lay ſome Butter in the bottom; then lay in your Meat, but firſt Salt it a little; then lay ſome more Butter on the top, and pour in that Wine in which it lay, and ſo cloſe up, and let it Bake three hours, or more: So ſerve it in hot.

To dreſs red Beet-Roots.

Waſh them and boil them very well, ſlice them in round ſlices, and eat them with Butter, Vinegar and Salt; and you may if you pleaſe eat them cold with Oil, and Vinegar and Salt, it is a very pleaſant Sallad.

To make a good Pidgeon Pye.

Pluck your Pidgeons very well; then cut them in halves, waſh them and dry them; cleanſe their Livers and Gizzards alſo, and let them go with them; ſeaſon them with Pepper, Salt, and Nutmeg: When your Pye is raiſed, lay in ſome Butter in the bottom, then lay in your Pidgeons, with the cut-ſide downward, and the Yolks of hard Eggs, and a little Time ſtripped from the ſtalks; then lay on ſome more Butter on the top, and put in a glaſs-full of Claret-wine: So lid your Pye, and let it bake one Hour.

To

To boil a Cock, and to make good Broth with him.

Pluck and Draw your Fowl, wash him very well, and bruise his Leggs; boil him in little Water and Salt for one hour; then add some Water wherein Mutton hath been boiled, and put in a quarter of a pound of French-Barley, or Rice, which you please, with some Time, Winter-savoury, and a little Lemmon-Peel, a little large Mace and sliced Nutmeg, with a Clove or two.

When it is clean scummed, let it only stew til it be enough; then take up the Cock for a while, and boil the Broth very well; then put him in again and heat him thoroughly, then serve it to the Table, and garnish your dish with Lemmon and Barberries.

Be sure to truss your Fowl handsomly. This Dish is very good for Weak People.

To boyl a Fore-Loyn of Pork, with good Sauce to it.

Let your Pork be reasonably well salted, and boil it very well, then have in readiness a good quantity of Sorrel stripped

ſtripped from the Stalks, and beaten in a Mortar as fine as poſſible you can, then put in a few Crumbs of Bread, the yolks of hard Eggs, with a little Muſtard, and a little Salt: ſo ſerve in your Pork with this Sauce, and garniſh your Diſh with Parſly, or any other Green Leaves.

To ſtew Rabbits.

When they are flead cut them in pieces, and put them into a Pot with as much Water as will well cover them, put in ſome Salt and let them boil, and ſcum them well, then put in a faggot of Sweet-herbs, and let them ſtew cloſe covered; then peel a good quantity of great Onions, and boil them in ſeveral Waters till they be tender; put them alſo into the Pot with your Rabbits and let them ſtew till the Rabbits be very tender: a little before you take them up, put a good quantity of freſh Butter, and a little Vinegar, and ſtir it about very well; and then Diſh them for the Table, and garniſh your Diſh with Onion, Salt, and green Leaves.

To boil Green-Peaſe.

When they are ſheal'd put them into ng Galley-Pot, and ſet it into a Pot of ling-water, and cover the Gally-pot well; and in a ſhort time you will the Peaſe to be fine and render; then them out into a Diſh, and ſtrew ſome upon them, and put in a good quantity Butter, and ſo ſhake them well between Diſhes; then put them into a hot Diſh, ſerve them to the Table. If they who eat them do love Sparemint, put in ſprigg into the Pot with them.

Theſe are far more pleaſant and ſweet, thoſe which are boiled in Water.

To preſerve Green-Peaſe a while.

When they are ſheal'd and pickt, put into a long Gally-pot, and take ſome ter; and cover them with it, and cloſe wn upon them with your hand; your ter muſt not be melted but cold; then er your Pot very well and ſet it in a l place.

To

To dreſs Old Beans.

Lay them in Water one Night, the put them into cold Water, and ſet the over the fire, and let them heat by d grees; and when they are hot, let the boil apace, and with them a piece Bacon, and ſome Parſley; when they a very tender take them up, and drain the well from the water; pour ſome Butte melted very thick over them, and l Bacon on each ſide of of them, and ſe them to the Table.

To dreſs Old French-Beans.

Water them as you do the other Ol Beans, and boil them after the ſame man ner, but no Bacon with them, and whe they are enough, take them up, and drai them well from the water, ſtrew ſom Salt and grated Nutmeg on them, an Butter them well.

To stew Beef, a very fine way.

Slice your Beef in thin slices, and put it
o a long Gally-pot, with a sliced Onion,
e Pepper, and some Salt, and sweet
bs, with a little Parsley; cover the Pot
e, and set it in a Kettle of seething wa-
; so let it be ten or twelve hours, and
in a little Claret Wine also.

Let the fire be well tended under the
tle, and you will find a dainty Dish
it.
Your meat must be reasonable Fat: Serve
to the Table upon sippits of White-
ad.

To make rare Pyes of a Calves-Head.

Take a fine fat Calves-Head, and
nse it well; boil it with Water and
till it be very tender, then take it
m the Bones and mince it very small:
n to a pound of this Meat, take one
nd of Currans, washed and picked
y well, one pound of Raisons of the
n, a little Salt, some Nutmeg, Cloves,
ace, and Cinnamom beaten fine, a little

White-wine, and a little Lemmon-pee
ſhred ſmall, with a little Sugar, and th
yolks of four hard Eggs; having you
Pye ready raiſed lay Butter in the bottom
then put in your minc'd Meat, and on th
top of it lay ſome pieces of Marrow, an
ſome Dates cut in thin ſlices, then la
Butter over that, and lid it and bake it
and when it is baked, cut open the Li
and put in a little Whitewine, Butter an
Sugar. This is a very good Pye, an
may be eaten hot or cold.

To make a Pudding of cold Meat.

Take any pieces of cold Meat, whic
is not fit to come to the Table any mor
as Veal, Mutton, Lamb, Capon, Chicke
Rabbit; or the like; mince either
theſe very ſmall, and put ſome Milk
it, and the yolks and whites of Egg
with ſome beaten Spice and Salt, and
little Sugar; make it up with a lit
Flower, ſo that you may wrap it in
piece of thin Paſte, put it into boili
water, and let it boil two or three hou
then take it up and put it into a Diſh, a
ſo cut it in ſlices, and Butter it; ſtre
Sug

gar on your Dish and serve it in. This y be called, *The good House-wives Pud-g.*

They are fools who cannot tell what do with scraps of Meat: (Are they y worse than the rest?) If any be too , let them try it up for Suet, else make Florentine or Pudding with it; and used, you may bring it (if occasion ere) before a Great Person. It is an le matter here for any that hath Mo-; if they have nothing but cold Meat the House, to go to the Market and a Joynt of Meat: But, I pray, what they in other Countries, where they e not such plenty? Do they not live n green Herbs, Plants and Roots, as ch as any kind of Meat? and who are weak as our *English* People? for they so much of Meat, that they distem-themselves with it: whereas if they eat Herbs, Roots and Plants more ely, it would be better for them. bserve the Diet of the *French*, *Italian*, *uch*, *Spaniards*, *Portugals*, or any other ation, they make good savory Meat, do not spend half so much Meat we do; yet, who so strong as they? shall hardly ever see a Crooked

perſon among a thouſand of them, not weak ey'd, ſo far as to give blemiſh to them: and I do impute that to their Diet partly: And that they do not Coat their Children too ſoon, when they are young, but keep them long in their Blankets; that prevents the Rickets, and many other Diſtempers: but our proud Nurſes here muſt be humour'd, although it be the ruine of a Child; but if there were none would humour them more than I, they would be mute. Let them look well to a Child; and keep it ſweet and clean, and then if they have their Wages duly paid them, they have no reaſon to find fault: If the Child do not go ſo fine as they would have it, it will be the Parents ſhame, not theirs. It is better to let a Child, or ones ſelf go plain than to run in Debt for fine Cloaths. They that will heed what I ſay, I beleive it will do no harm but a great deal of good, for they will find it true what I ſay.

Did I not ſee what fools we are made, here in England, both by our Nurſes and Servants, and what deſtruction there is made in many Houſes, I ſhould not ſpeak; but really there is ſo

ome Houſes, I know ſo much Waſte, as hat it is a great ſhame and diſcredit tothoſe who guide the Family, and if they would ook a little more into their Affairs, they ould be more careful for the future.

Therefore all you who are Miſtreſſes f Families, look narrowly to your Ser-nts, and let them not ſpoil or waſte your oods, for which you muſt take pains and d care: Be watchful that they do not up beyond their uſual time, Juncketing, d making their friends welcome (as ey call them) with your Goods; while u are aſleep, and think no harm of them. ffer not your Children to go too fre-ently abroad with Servants, leaſt it cauſe h an obligation, as you ſhall pay dear-for the Requital.

If you ſee your Servant go beyond hat you think the Wages you allow will well maintain, and to lay up mewhat in caſe of Sickneſs, or being of Service you ought to Queſtion , or him; for either they muſt run in bt, or Cheat you, or take ſome ill ourſe to maintain their pride and folly; d then of neceſſity diſcredit muſt follow:

On the other side; If you find a Servant to be Civil, neat, cleanly, and careful to please, I do advise such a Servant may be cherished and encouraged, not only by good Words, but good Gifts also; for such a Servant cannot be too highly prized: yet too much of Familiarity I do not hold with, for that will breed much Contempt. Keep your distance as you being her Superiour, and shew your love and favour in what may benefit her.

Trust not a Servant too much with Secrets which concern your Credit, or your Livelyhood, least you thereby enslave your self to them; for I have seen very sad effects from such confidings. You may make the Messengers for to carry Letters, but do not trust them to be your Counsellours.

If any Servant, who hath performed her Duty to you, do ask your advice in Marriage, give her the best Counsel you can, and also bestow somewhat towards the forwarding of it: If you probably think she may be happy, let the Man who she hath an inclination to, know that you have a Kindness for her, and that you will shew them all the Favour

you

you can; if they will endeavour honestly to live in the World.

If your ability will reach to it, be kind to them upon their Wedding-day; either to give them their Meat, or at least wise, to give them somewhat towards their Charges: And when she is gone from you, afford her your Assistance when she stands in need, and grace her with your Company when it is required; for then her Husband will be apt to be the more kind to her, and will have an awful reverence for you.

For Nurses.

If you find an ill one, take your Child away, and own her no more. Let your silence be her sorrow, and her shame: Report not ill of her, least it be her Ruine, neither Commend her, least you ruine your own Credit. It is better to be silent, and let others find her out, then for you to accuse her: It is enough, that you have taken your Child away.

If you find a good and faithful Nurse, one who hath done her duty to you in the care for the Child, cherish her, nourish her, and never think any thing too

much that you can do for her, without prejudice to your self: If she hath been careful of the Childs Cloaths, give her what you can well spare of them for her own Child, or else give her the worth of them to lay out her self; and as your Child grows up, teach it to love the Nurse, and infuse those Principles into it, that when you are dead and gone, your Child may still remember her with a perpetual kindness. This is my own mind: I would have my Children do so, and therefore I commend these Directions to others.

For Preserving I have before given you very many Receipts, and of the very best, for all manner of things, therefore you must not expect that I shall say much as to that Art; yet somethings there be which you haue not, as followeth; and a mixture of things, such as commeth into my mind, that I have not yet written.

Imprimis.

Imprimis: *To make very fine Bisket.*

TAke one pound of the yolks of hard Eggs, one pound of the fineſt Sugar beaten and ſearced, two ounces of candid Iringo-root, one ounce of candid Cittron-peel, the whites of two Eggs well beaten, one quarter of an ounce of Cinnamom beaten fine, one Nutmeg grated half a quarter of an ounce of beaten Ginger, bear all theſe in a Morter to a Paſte, with a little Sack, and one grain of Amber-greaſe; then mould it up with ſearſed Sugar; make it into little Cakes, according to your fancy, and lay them upon Wafer ſheets, upon a Tin-plate, and bake them after Bread is drawn.

Another ſort of Bisket.

Take half a pound of Naples-Bisket, mix them with a little Sack, when you have ſliced them thin, and let them lye in ſoak in it; then take half a pound of ſweet Almonds blanched in cold Water,

and beaten to a Paſte with a little fair water, to keep them from oyling; then beat that Paſte with the Naples Bisket, and the Yolks of three Eggs, and the Whites of one: when you have mixed them, then put in three quarters of a pound of ſearced Sugar, a little juyce of Lemmon, and one grain of Amber-greaſe; of what Spice you like, you may put in a little beaten and ſearced.

When theſe are well incorporated, take them out of the Morter, and mould it up with ſearced Sugar, upon a ſmooth Board, and make it into what form you pleaſe; bake them upon Wafer-ſheets on tin Plates after Brown-bread is drawn: do not take them from the Plates till they are cold enough.

To make Syrup of Violets.

Pick your Violets very clean, and beat them well in a Mortar; then ſtrain them, and to one pint of the juyce take one quarter of a pint of Spring-water; put it into the Mortar with the ſtamped Violets which you have ſtrained, ſtamp them

them together a while, and ſtrain the Water well from them, and mix them with your other Juyce, then put it into a long Gally-pot, and to each pint of juyce put in one pound of double Refined Sugar; let it ſtand cloſe covered for the ſpace of twelve hours; then put in a little quantity of Juyce of Lemmon, that will make it look purely tranſparent; then ſet your Gally-pot into a Kettle of ſeething-water covered, till you find it to be thick enough; then ſet it by till it is cold, and then put it up.

Syrup of Roſes; a good way.

Fill a great Stone-pot with Damask-Roſe leaves, as hard as you can thruſt it; then fill it up with Damask-Roſe water, and cover it with Stone or Glaſs, and ſet it into a Kettle of boiling Water, till you find that the Roſe-water be very well coloured, which may be about four hours; then ſtrain it out hard, and put the Liquor into a Gally-pot, and to every pint of it, put two pounds of Sugar; then cover the Pot and

and ſet it into a Kettle of ſeething Water, and let it ſtand till it be a thick Syrup; when it is cold put it up and keep it for your uſe; it will work very kindly, and very effectually.

The beſt way to preſerve Fruits.

Wet the Sugar for them with the juyce of ſome of the ſame Fruit, inſtead of Water, and that will give a full and lively taſte, and they will keep the better: The worſt of your Fruit will ſerve for that.

Be pleaſed to obſerve my former Books for the ordering of all Fruits in the Preſerving, only do not put in Roſe-water ſo generally, as is ſet down, becauſe it is not ſo much uſed as formerly, unleſs in Cordial things, or ſome other particular things; therefore where it is liked uſe it, or elſe not, for we have new Modes for Eating and Drinking as well as for Apparrel: One cannot ſo ſtrictly ſet down any thing, but that in the making of Sauce, dreſſing of Meat, with Seaſoning, preſerveing ſeveral things, and the like, there muſt be a judgment in thoſe who order them, to leave out, or to

to add, or else they will please but a few pallets; for some do hate the taste of what others do extreamly love.

To make very fine Jelly for a weak stomach.

Take Calves-Feet, or Sheeps-Trotters cleanly dressed, and split them in half; put them into a Pipkin with as much Whitewine as will cover them, put in a little Salt, make it boil, and scum it well, then put in a blade or two of whole Mace, with a sprig or two of Time, and a little Lemmon-peel, put in a few Dates sliced very thin: cover it close, and let it boil leisurely till the Feet be very tender; then take them up, and eat them if you please; and take the Liquor and strain it, and to a quart of it put in the juyce of one Lemmon, and as much fine Sugar as will well sweeten it and set it over the fire till the Sugar be thoroughly melted; then keep it in a Gally-pot, and give the Party of it three or four times in a day, as much as they please to take; if you like it, you may put in a little Ambergreace and Rose-water, the one is pleasing and good for a weak stomach, the other for the Brain;

Amber-

Amber-greace is good for the Head (if inwardly taken) but it is not good to ſmell to, becauſe it will raiſe fumes to the head: Yet obſerve this, I once did ask a Phyſician concerning Musk and Amber-greace, Why the ſmell of either of them did offend ſo much? He Anſwered me thus; "The reaſon (ſaith he) why "either of them are ſo offenſive, is, be- "cauſe they ſmell but a little, and do only "diſturb; but if they go into a ſhop where "ſtore is, and ſmell to divers pounds of it, "they will find it rather a purge down- "ward, than a raiſer of Fumes to the "Head.

To Candy White Sugar; excellent good for any Cough or Cold.

Take two pounds of the beſt powdered Sugar, and put it in a Diſh to dry very well in a warm Oven; then beat it fine and ſearce it; mix with this quantity, one ounce of the beſt prepared Amber; mingle them very well together, and put them into a preſerving-Pan, with one pint of Fair-water; melt it over a gentle fire, and when it boils,

put

put in the White of an Egg to clarifie it, then ſcum it very well, and when you perceive it to be as clear as Chryſtal, then let it ſtand in the Pan until it be cold, covered very cloſe: then take fair Running-water about two quarts, and one ounce of the cleareſt Roch-Allom beaten to powder, mix them together, and let them ſtand twenty four hours: When you have ſo done, take an Earthen-Veſſel, or Pot, and ſome few ſticks of the whiteſt ſappy-ſtuff, ſplintred from un-wrought Deal, and place your ſticks as you do in a Bee-Hive, croſs euery way, ſet this Pot over a few Embers empty; then mix your Sugar and your Water in your Preſerving-Pan, ſetting them upon the fire; and ſo ſoon as you perceive the Sugar to ſink, then pour out the Water, having a Cullender; pour your Sugar into the ſaid Pot very gently through the Cullender; pour your Candy preſently in ſquare forms, and that which falleth to the bottom will be as good as the reſt, though perhaps not altogether ſo clear of colour; as ſoon as you have poured in all your Sugar, which will rope like Hony; then ſtop

your

your Pot very close, and let the Pot stand in a Vessel of cold water four daies very well luted; they usually break the Pot when they take the Candy; then break it off the sticks, and keep it in a Box in some dry place.

A most rare Receipt for the Scurvy, for old Catarrhs or Rheums; or for a Consumption.

Take a good quantity of Scurvy-grass, and beat it, and strain it; take the juyce thereof and set it over the fire till it be hot but let it not boil; so soon as you see a thick scum arise, take it off, and strain it through a linnen Cloth, but never press it between your fingers; as soon as the scum is thrown away, then set it over the fire again, and take clarified Honey three ounces, Butter clarified with three Cloves of Garlick one ounce, Anniseeds half an ounce, Ennulacampane half an ounce, Liquorish half an ounce, powdered very fine, and searced through a Iawn Sieve, Saffron one dram finely beaten, White Sugar-Candy finely beaten one ounce; Mix all these powders very

ry well together, and strew them refully into the aforsaid Juyce, with e clarified Butter and Honey, and keep continually stirring till you have incor-orated it fully over the fire; then take from the fire, and keep it stirring till be cold: then if you have a mind to ep it for Syrup, you may keep it in Gally-pot, or you may make it thicker ith more Sugar-Candy, add a little os Sulphuris, and you may perfume em if you please; that is, if you stiffen enough for Lozenges.

An excellent Medicine for any Obstructions.

Tak a quarter of a peck of fine heat-flower, half an ounce of Cloves aten very fine, two Nutmegs, and a arter of an ounce of Mace beaten fine, x these well with the Flower; as also lf a pound of fine Sugar beaten and rced; put in some Juyce of Hart-ngue and Liver-wort, the yolks of six gs, and six ounces of fresh sweet tter, knead it together very well and ke it into a Cake, and bake it with Bread;

Bread; eat of it very often and no doub
you will find good of it, for it hath don
very great Cures upon many who wer
Obſtructed.

Here is a moſt excellent Plaiſter, which i
called, the Catholick, *and for fear*
ſhould forget it, I will not omit it an
Longer.

Take of Roſin beaten to powder
two pounds and a half, Heifers Tallo
one pound and a quarter, tryed with
gentle fire and cleanſed; when it is col
ſcrape away the droſs from the bottom
and melt in a Braſs Veſſel; then ſtre
in the Roſin by handfuls, and ſtir it wit
a Willow Spatula, continually ſtirring
until it be all ſtirred in and melted
then have ready a Baſon of Pewter, an
in it of Water of Camomile, of *Engli*
Briony-Root, and of Damask Roſe
water, of each eight ounces, with pow
der of Salt of Wormwood, Salt of Ta
tar, Salt of Scurvy-graſs, Vitriol cam
phonate, of each one ounce and half
then pour in the melted body, and ſtir
with the Spatula from the Eaſt to th
Wes

West, round continually, until the body ve seemingly swallowed up all the aters and Salt; continue it stirring il the Water appear, and thus work until the body be as white as Snow; n let it stand a Month in the Water, ered from dust; and when you use let it not come near any fire, but rk a little at a time, until it be as ite as Snow on the brawn of your nd, over against the little-Finger; ead it on a linnen-Cloth or Leather, the best *Catholick* Plaister in the orld; for the Reins in all Accidents; all Bruises and great Contusions, and ere the Bones are broken into small , to ease pains, lest a Gangrene en- ; then twice a day foment the part ith hot stroops wrung out of a fomen- ion, made with a strong Lye of three rts made with Wood-Ashes, then the Lye Centuary, St. *Johns* Wort, llows, Wormwood, of each a good ndful, one root of *Solomons* Seal, if u can get one, or else it may be made ithoue foment with hot stroops wrung of this liquor of Woollen Cloaths, and ply to the part as hot as may be, and ver it with Blankets to keep in the heat,

and

and before it be quite cold, renew ano
ther hot ſtroop; continue this order on
hour Morning and Evening, then pre
ſently apply the Plaiſter a little warme
every time; when you ſee want, ſprea
it again if you ſee cauſe. But when ſuc
ſhatterings are of Bones, Contuſe
Wound, Diſlocations; roul it not up
others fractures, but have a Box mad
open at each end, and lay the part on
pillow, and let the ſtrings of bindi
come about the pillow, and lay
Member in the Box; bind it not har
and ſometimes not at all. This is a ver
great Secret, and to be valued.

To make fine Jelly of Fruit, which will look tranſparent.

Take ſome Iſinglaſs and break it i
little bits, and boile it in Water very well
and ſtrain it; then colour it with an
ſort of Fruit, by putting in the Juyc
thereof; then to every pint of it take
one pound of the beſt refined Sugar, boi
them together, and ſcum it very well
and when you find it to be enough, pu
it into flat Glaſſes, and keep it in a Cub-
bord.

You

You may make Jelly of any Cordial erb or Flower in this manner, which ll be very comfortable and ſtrengthning, alſo very pleaſant.

retty ſweet Meat of Lettuce-ſtalks.

Boil them in ſeveral Waters till they tender, then waſh them in cold wa-, and dry them well, then take their ight in fine Sugar, juſt wet it with ater, and boil it to a Candy-height; n put in your ſtalks, being firſt ſtam-d in a Mortar very well; boil them gether till it be very cleer, and take them om the fire, and put them into Glaſſes; d if you pleaſe you may add a little juyce a Lemmon to it as it boils, and a little ndid peel of a Lemmon ſhred ſmall, for t will give a good taſte, and make it ok very beautiful.

In like manner you may do with Harty-hoaks bottoms, when they are boiled nder.

To

To make Marmalade of Damſons.

Take your Damſons and ſcald them in Water till the skins do crack; then pee them, and take away the ſtones; then bea them well in a Morter; then take the weight in fine Sugar, wet it with Water and boil it to a Candy-height; then put i your Damſons, and boil it, and keep i ſtirring continually, till it will come fro the bottom of the Poſnet.

To make Syrup of Snails; moſt admirabl in Conſumptions.

Take ſhell-Snails, and break the ſhells off, and waſh them very well in Pan with Water and Salt, and then wi ſeveral Waters alone till they be ver clean; then put them into a long Gally pot, with a blade or two of Mace, an a little quantity of White-wine; cove the Pot, and ſet it into a Kettle of boiling Water, for the ſpace of two hours o more; then put them out into an Hip pocraſs Bag, and hang them up to drain and let them drop into a Glaſs with a mouth ſo wide as that it may not drop beſides, and when it hath dropped all it will; then to a pint of it take a pound of White Sugar Candy, two ſpoonfuls o

the

e beſt Cinnamon-water, one quarter of
oint of red Roſe-water, one grain of Am-
rgreace, and twelve ſheets of Leaf-Gold;
all theſe into the Glaſs, and let it ſtand
night; then ſet it carefully into a Kettle
Water when it is cold, and faſten it ve-
well about with Hay, and let the Kettle
ſet on the fire, and by degrees be made
boil; but if you ſhould put in a Pot or
laſs into a Kettle of boiling hot Water,
ſuddain heat would break it, or elſe not.
Let it ſtand thus ſlightly covered, till
find that the Sugar be quite incorpora-
with the Juyce; when it is taken off and
ld, put it up to keep, and give the Party
it two ſpoonfuls at a time, twice in a
y, in the Morning and in the Afternoon,
out four of the Clock.

ry fine Lozenges for a Cough of deſluxion of Rheum.

Take two ounces of powder of Li-
oriſh, half an ounce of powder of An-
ſeeds, one quarter of an ounce of pow-
r of Elecampane, one dram of flower
f Brimſtone, and one dram of prepared
d Corral, one pound of double re-
ned Sugar beaten and ſearced; then with
me Gum-Dragon ſteeped all night
in

in red Rose-water, beat them into a paste then mold it up with a little searced Sugar and make it up into Lozenges, print them with a Seal, and dry them in the Sun, or in some warm place; eate of these often in the day or night, putting one in your mouth, and let it lye till it be quite melted.

To make a Paste very delicate, rich, and very pleasant.

Take one pound of red Quince-Marmelade, which is made very smooth, one ounce of candid Lemmon-peel, one ounce of candid Cittron-peel, one ounce of candid Iringo-root, one ounce of candid Ginger, one ounce of Dates sliced thin and one ounce of Prunels, let all these be cut small, and beaten with a little Sack to a Paste, then put in your Marmalade to them, with four ounces of sweet Almonds blanched and beaten, and four ounces of fine Sugar beaten and searced and a little Gum-Dragon, steeped all night in fair water; when you have beaten them extream well, then take it out and mold it up with searced Sugar, and make it into little Cakes, of what form you please, and dry them upon Wafer sheets

is on Tin-plates in an Oven after Bread
drawn. If you please you may perfume
e of them.

To make good Drink to comfort you in a cold Morning.

Take a pint and a halfe of Claret-wine,
half a pint of stale Strong-Beer; boil
m with such Spice as you like very
l, and a little Lemmon-peel; then
the Yolks of four or five Eggs, and
them very well; then put so much
r into your Wine, as you think will
sweeten it; and after mixing some of
hot Wine with the Eggs, brew
and the Wine very well together,
let there be a little piece of Butter in
Be sure to brew it apace that it curdle
, for then it is spoiled.

To make an excellent Cordial Electuary, fit to restore one that is weak, or against Melancholy.

Take of Conserve of Burrage flowers,
lemary flowers, of Marigold flowers,
ge flowers, of Betony flowers, of each
hose one ounce, two ounces of Syrup

of Clove-Gilly flowers, two ounces
the Syrup of the juyce of Citrons, or
dram of Confection of Alkermes, tw
ounces of the best Cinnamon Water, an
twelve or fourteen leaves of Leaf-Gol
with one ounce of prepared Corral, eith
White or Red; mix all these together ver
well, and take about the quantity of
Walnut every night when you go to Bed

A very good Cordial Water without the trouble of a Still.

Take two quarts of Brandy, and kee
it in a great Glass with a reasonabl
narrow mouth; put into it of Cloves
Nutmeg, Cinnamom and Ginger, Ca
demon seeds, Coriander seeds, Ann
seeds, Liquorish, of each of these ha
an ounce bruised; Long-Pepper an
Grains of each one dram bruised, Ele
campane one quarter of an ounce, brui
sed; let all these steep in the Brandy
fortnight, then pour it out into anothe
Glass softly, so long as it will run clear
then put more Brandy into the Glas
where the Ingredients are, and let tha
stand three weeks, and so long as you
find

nd there is any ſtrength in the Ingredi-nts, ſtill put in more Brandy, and let it and every time longer and longer.

Then take your firſt two quarts of randy which you poured off, and put in four ounces of White Sugar-Candy, and much Syrup of Clove-Gilly flowers as will well colour it, with ſtore of Leaf-old; give two ſpoonfuls at a time: It is ood in caſe of any Illneſs or Swouning, drive out any infection and venemous umours; it is good for Wind in the Sto-ach, and to keep out Cold.

A pretty Sweet-meat made of Grapes, very good in Feavors.

Take Grapes and pluck them from their talks, and bruiſe them well; then ſtrain em thorough a Strainer made of *French* Canvas; then ſet that juyce in a Gally-pot o a Kettle of boiling Water for three ours; then take the weight of it in fine ugar, and boil it to a Candy height, then in your juyce of Grapes, and boil it it be very clear, and ſcum it well, then it into Glaſſes, and ſet them into a ſtove a while.

To make Marmelade with Barberries and Pippins.

Take one pound of fine Sugar, and a pint of Water, and boil them together, and scum them very well; then put into that Syrup one pound of the best Pippins pared, and cut in quarters and Coared; boil them quick in this Syrup till they are extream clear; then take them and bruise them as small as you can with the back of a Spoon; then put to them one pound of Conserve of Barberries that is curiously made and stir them well together, and let them boil till they are well incorporated, and then put them into Glasses. This is very Cordial and pleasant in Feavours.

To Candy Fruits after they have lien in Syrup.

Take any sort of Fruit which you have preserved; as Apples, Pears, Plumbs, Oranges, Lemmons, Citrons, or any other, and lay them out of their Syrup all night to drain; then lay them upon Sieves and set them into a warm Oven to dry; then wash them over with Water wherein

wherein Gum-Arabick hath lien to steep one night. and do it with a Feather; then have in readiness some White Sugar Candy, beaten not fine but grosly, and some small, some bigger; so soon as you have washed your Fruit with Gum-water, then strew it over with this Sugar Candy, so thick as the Gum will hold them on, and lay them upon slicked-papers to dry in the Sun, and turn them often; and if you see any fault mend it with more Gum-water and Sugar.

This is an extraordinary pretty way, and looks very delicately; and as they lie in the Sun they will sparkle like Diamonds: it is soon done, and with as little Cost as that which taketh up more time.

To make a pretty Toy to hang up in the Kitchin to catch Flies, or rather to keep them from spoyling the Pewter; or troubling People.

Take a square Trencher, and bore a hole at each Corner; then take four Cucumbers of an equal bigness, and not too long, and let them every one have stalks, by which you must tie them with

pack-thred to the four holes of the Trencher, and let your Trencher be painted over, and when it is dry wash it over with Gum-water, and strew it thick with French-frost; then take some Barley, and stick your Cucumbers thick with the Corns, with the growing ends outward; then wash them over with Gum-water, and Frost them, and so let them dry as they hang; and on the top of the Trencher set some pretty kinds of Toys, as Babies, Dogs, Birds, or any thing you fancy better, and tie knots of fine Ribbon at every Corner, which may hide the Stalks of the Cucumbers; they do look strangely and prettily, and the sight of them is pleasing to Children to quiet them.

To lay on Leaf-Gold or Silver to any thing you would Gild.

Take Gum-water, made with Arabick, and let it be pretty stiff; then lay it on with your Pencil where you would Gild; then take a little Cushion, made for the purpose, of very smooth Leather, and upon that cut your Gold with a sharp Knife, as you will; and to take it up draw

draw the edge of your Knife finely upon your Tongue, that it may be only wet, with which, do but touch the very edge of your Gold and it will come up, and you may lay it as you list; but before you lay it on, let your Gum be almost dry, or else it will drown your Gold: and when you have laid it, press it down hard with the skut of a Hare, and when it is dry, burnish it over with a Dogs-tooth. This is the right way to lay on either Gold or Silver. You may gild any Wood, or Stone, or Sweet-meats, as what you make of Sugar Plate, or such like.

To dress up a Chimney very fine for the Summer time, as I have done many, and they have been liked very well.

First, take a pack-thred and fasten it even to the inner part of the Chimney, so high as that you can see no higher as you walk up and down the House; you must drive in several Nails to hold up all your work; then get good store of old green moss from Trees, and melt an equal proportion of Bees-wax and Rosin together,

and while it is hot, dip the wrong ends of the Moss in it, and presently clap it upon your pack-thred, and press it down hard with your hand; you must make haste, else it will cool before you can fasten it, and then it will fall down, do so all round where the pack-thred goes, and the next row you must joyn to that so that it may seem all in one, thus do till you have finished it down to the bottom: then take some other kind of Moss, of a whitish colour and stiff, and of several sorts or kinds, and place that upon the other, here and there carelessly, and in some places put a good deal, and some a little; then any kind of fine Snail-shels, in which the Snails are dead, and little Toad-stools, which are very old, and look like Velvet, or any other thing that was old and pretty; place it here and there as your fancy serves, and fasten all with Wax and Rosin. Then for the Hearth of your Chimney, you may lay some Orpan-Sprigs in order all over, and it will grow as it lies; and according to the Season, get what flowers you can, and stick in as if they grew, and a few sprigs of Sweet-Bryer: the Flowers you must renew every Week, but

but the Moss will last all the Summer, till it will be time to make a fire; and the Organ will last near two Months. A Chimney thus done doth grace a Room exceedingly.

Another way for Chimneys very fine, but will not last so long.

Take a fine thin Wainscot-board, about three-quarters of a yard long, and proportionably broad, for what you do intend it; let it be cut in what form best pleases you.

I have seen some cut like a Rose and Crown; some a flower de Luce; some other flowers: when it is cut out, let it be all over thick with pieces of Wier sharped at one end, and drove in about an inch in length, each of them: then lay it upon a Table, and take some Clay wetted a little, and lay all over it, till you have quite filled up the Wiers with the Clay, for it is they must hold it on: Then round about the edges every where, stick it thick with little small sprigs of green Tamarisk or Cypress, or for want of either of these, take Yew-sprigs, and be sure to stick them so

that not any part of the edges may be discovered; then according to the form of the Board you must choose your Flowers, and Herbs.

If it be for a Rose, then your Flowers must be all Red, yet of divers kinds; if there be a Crown that must be all of Yellow flowers; if a Flower de Luce, then Blew, or Purple and Yellow, and so to every other: let your Flowers be all picked ready, and every sort laid by themselves; then run the Stalks of them into the Clay near to the Flower, and so do till you have finished all; and put the Greens also in their proper place, as in the leaves and herbs of the Flowers; when you have quite done, set it into the Chimney, and let the bottom of it rest within a great Flower-pot, such as they make for Chimneys: It must be lifted by three or four People at once very carefully, or else you will spoil all; for it will be so weighty, and the Board so thin, that it is easily broke in the moving. When you have set it as it should be, then cover your Chimneys-Hearth with Green things, and then with fine Flowers, and be sure to cover your Pot also that there may be no discovery; it will

will be fresh two Months if you sprinkle it with Water.

I have here directed you to many things, which will (no doubt) be pleasant and profitable to you. Give me leave now to treat a little concerning the Behaviour of the Female Sex, and to give Councel to those who need it, because I find there is some need of it. In my Book called *The Ladies Guide*, I did speak very much to them, but most to the Yonger sort. My intention was to have inlarged that Book, if Mr. *Newman* had done me that right, as to have let me known when he would print it; but it was his pleasure to employ another, who hath so transformed the Book, that it is nothing like what I had written: It is now about Eight years or more since I writ that *Guide*, which was Sold for twelve pence the Book; and it is above twelve Months since the New one came out, which sold for half a Crown the Book. I thought to have sued him for it, but he very cunningly prevented that by taking advantage of me; notwithstanding he must give me leave to say the truth, That that Edition was none of my Writing, I will never d sown

what

what I do Write, nor am I willing to own what I write not. He did indeed (after I had Cavelled with him, and shewed him wherein I was abused by his Writer) give me a small matter to look it over, and told me that I should take out, and put in the room of it what I best pleased, and agreed with me by the Sheet what to give me which I did accordingly: and truly, I dealt very Friendly with him; for I took away nothing but that which was scandalous, ridiculous, and impertinent, and put in only that which was innocent and harmless: So willing was I to be peaceable with him, and I thought he would have been Civil to me; but when I brought it to him, he did not give me the one half of what I bargain'd for: I asking him why he dealt so unworthily with me? He said it was his humour to give me no more. So now he may take notice that it is my Humour to let all People know, that I was abused in that his late printed Book. He told me, he cared not for my Name, he would print it without it, if he do so, I have nothing to do with it. I should not speak so much did I not find a prejudice:

for

for People of worth do wonder why I would Write so; and I have vindicated my self to those who told me of it, with telling the Truth. Now to proceed:

In that Book which was mine (called *The Ladies Guide*) there was as good Instructions to Youth, as I can imagine to give; and also to all manner of Servants, what their duty was each one in their several Employs; and there was the Mistresses part as well as theirs: The Wife to the Husband, the Widow to the World: and indeed when I writ it, I could not tell how to say more. He would do himself much right, as well as me, to print the same *Verbatim*: in the mean time I desire you to observe what I shall say, which may do some of you much good for the future. There are very many at this present time who want Services, both Gentlewomen and others, and some of them very well accomplisht (those I find to be the most humble, and willing to please:) Another sort there be which have little in them yet none but great Places will serve them; which when they have wearied themselves to find, and at last miss of what they have propounded to themselves,

ſelves, they are ready to run any extravagant Courſe ſtill to purchaſe fine Cloths, then to conform to any Civility or Manners, or to take the Advice of thoſe who would aſſiſt them. Some who have apt Wits, and that dame Nature hath been favourable to, they are Courted to be Players: Some other of them to Bawdy-Houſes: Some are tempted to Steal. And thus many wickedneſſes are commited againſt God and Man, and themſelues brought into a moſt miſerable condition of living, or to a ſhameful end: whilſt the firſt I ſpake of are diligent to get wherewith to feed and cloth themſelves by ſome honeſt employ or other, till ſuch time as it ſhall pleaſe God better to provide for them, and keep cloſe to their buſineſs (not ſhewing themſelves in the Streets, but when they have juſt occaſion to go forth:) Such as theſe laſt ſhall never want my Aſſiſtance, if it lye in my power to help them, for it is a great deal of pity but that all Ingenious and Honeſt minded Perſons ſhould be encouraged. I do love ſuch with my heart, and do beſeech them ſtill to truſt in him who is able to remedy all, or to give patience in ſufferings. I will now

tell

tell you several Causes which may bring good Children, and Children of good Parents, many times, to be in Distress; as also, Why the other do commonly run into Wickedness, and what may for the future prevent such Miscarriages; with my loving and Christian Advice to both their Parents and them; and somewhat to those under whose Tuition they are, or may happen under.

The Cause why good Children, or the Children of worthy Parents, are oft-times in a distressed Condition.

IT hapneth oft-times, that a Gentleman having a good Estate, but many Children, he, and the care of a good mother together doth make a very good shift to bring them all up (in appearance to the eye the World) very handsomly; their Attire being such as becomes his and her Children; their Education such as is fitting for, or the best which can be attained in that place

place they live in: this they do till some of the Eldeſt are Women grown; and by that time they are conſidering how to beſtow them in the World, finding the Charge to be too great for them. If an Elder one Marry; although there be one leſs in the Family, yet carries more with her, than, if ſhe had ſtayed, would have been ſpent upon her: Her Husband perhaps in a ſhort time, by playing the Ill-fellow, is quite ruin'd, and his Wife turn'd home to her Parents again, with a Child or two to provide for. Where, after a while ſhe cannot abide to hear her Husband blamed, neither is ſhe willing to burden her Parents ſo much; ſhe endeavours to get into ſome good Service to be Nurſe, and leaves her Child or Children with them. She hath her affliction, and doth waſte her ſelf with grief and Sorrow. The Parents find themſelves ſo burden'd, that they muſt needs ſend ſome of the reſt out to Service: and here they come to *London*, perhaps to ſome Cozin or ſome Friend, thinking to get ſome place or other quickly, but find it a hard buſineſs. Their Friends beginning to grumble at their being, their Cloth beginning to wear

out.

out, and all their Mony spent; then do they find themselves in a desperate Condition, and do seek some place or other to Lodge in, and are content to be imployed in any honest way to get a penny, till they can procure a Service; being not willing to return to their Parents, to add to their grief. Some men are undone by Surety-ship; some with the Ill-chance of Die; some by Fire; some by Sea; some by long-sickness; some by Robbery; some by Suits in Law; some by War; and many other waies there are to bring Men to destruction; and then their Wives and Children must needs be exposed to Misery: The poor Mother, she imployes her self in somewhat or other to maintain her self, the younger Children, who are not yet able to take care of themselves: and for the Elder ones, they are forced to Service, and are fain to accept for the present, which are but slavish, rather then to follow any Ill-course of Life. All these, you will say, have their Afflictions, and you have sufficient Reasons for the Causes thereof.

The

The Cauſes why others do commonly run into Miſchief and Wickedneſs.

They are ſuch whoſe Fathers have died when they were young, and their Mother perhaps by a ſecond match hath ruin'd her ſelf, and them, or ſhe hath been left in ſo miſerable a condition, that ſhe hath not been capable of Adviſing them, not able to bring them up as ſhe ſhould do in the Fear of God: ſo that wanting that, they have grown Refractory to her, and forgot their Duty, and then liable to all Temptations whatever. Some Parents have both died, and left their Children to the Care of ſome near Friend, and their Eſtates to be managed by them for their Childrens good; and thoſe Truſtees have been neglectful of thoſe in their Charge, and have ſpent all which was left for them, and then expoſed them to the mercy of the World, without Education or Money: And ſome are naturally inclin'd to Wickedneſs, and that is worſt of all; For it is as hard to bring them to good, as to waſh a Black-Moor white, or to make a Fool wiſe; both which are I think impoſ-

ſible:

sible: some for want of good Principles, and which have been left too much to their own Will, to do even what they list, and when they list. God knows our Nature of it self is prone to nothing but Evil; therefore how happy are they that have careful Parents, that are not over-fond to leave them to their own Will, nor cruel to them in their Corrections, but do wisely and soberly, religiously and lovingly Nurture them, and strictly keep them to Church, and Family Duties, such do seldome go astray; for God will certainly bless those Children for the Parents sake.

And how unhappy are those whose Parents are careless of their Childrens Education, and not only so, but do also ruine them by giving an ill Example.

Of all these which I have mentioned, I at this present know some, both Parents and Children, every one of their Conditions in particular, and am truly sorry for their Affliction; for certainly there is no greater Grief than ill Husbands, and ill Wives, cause to one another, or what ill Children create to their Parents or they to them.

I thank God, though I have passed through many more Afflictions and Troubles then thousands of my Sex, yet I never had an ill Husband, nor undutiful Children; but (on the contrary) I have been marryed to two Worthy, Eminent, and brave Persons; and I have four Sons, as good Children as ever Woman did bear For my own part, I can say nothing for my self, what Wife or Mother I have been; but if no Accusation come against me, I have no reason to accuse my self, I give thanks and glory to Almighty God, for what benefits I have received from time to time; especially for those Blessings which I do at this present enjoy; The lives and welfare of my Dear Children, The happy choice which two of them have made in their Wives, and that I have lived to see two sweet Babes from their Loyns. Such like comfort as this I wish to all good Christians.

Advice to Parents concerning their Children, and advice to Children concerning their Parents: Also to any Person under whose Tuition they may be; which (if well observed) may prevent much wickedness for the future.

YOU who are the Mothers of Children, I advise you to have an especial Care, first, That they be well-grounded in the principles of true Religion: that thay keep duly to Church and to Family Duties: That they Daily ask your Blessing; and make them to know their Distance, by keeping them to all due Reverence: Let them be lovingly and quietly Governed; not with perpetual Chiding and Brawling, but treat with them mildly and gently; unless you find them Refractory to your Commands; if so, then some Austere language must be used: and when they do well be kind to them, and encourage them. Let them not be too nice in their Diet; but teach them to know, that God

God is worthy of Thanks and Praise for the least bit or drop they Eat or Drink. Let them be neat and decent in their Habit, not at all Extravagant: have a care what Company they keep, and do not give them too much Liberty, neither deny them lawful Recreations: let them not have the command of your Purse, neither let them be without a little; and as they manage that, give them more. Let them learn whatever they are capable, or that you have opportunity for the Learning, and especially what their Genious is inclined to; for that to be sure they will be excellent at. Let them be fully employed, but with diversity of things; that will be a delight to them, and they will have no time to give heed to wicked Temptations, nor no room for idle Thoughts. Suffer them not to tell you a Lie, but encourage them alwaies to tell the Truth; for lying is the ground of all Mischief. Teach them to be Housewifely in their Cloths, and too sparing of them. Let them learn the way of House-keeping, by acting your Commands. Let them know how to entertain Friends, and to be Courteous to Strangers, and

loving

ing to your Servants; not Domineering over them, nor yet too familiar with them. Adviſe them to be modeſt in their carriage in mens Company; for fear of Cenſures. Suffer them not to be loud in their Diſcourſe; nor Snappiſh and Peeviſh to any. Give them Counſel, who are the Children, to Love one another, and waies to give more than ordinary Reſpect the Eldeſt.

Theſe things, if you will pleaſe to ſerve to Command them, and they will be careful to obey you, you ſhall need to doubt of your happineſs in them; and they will alwaies have reaſon to bleſs God for ſuch a Parent, or Parents, who were not only the Cauſe of their being, but alſo of their well-being. But if by ill Fate (after all this care) you ſhould have a Rebellious and Refractory Child, your frequent Prayers to Almighty God will be the only way to reclaim them. But truly, I do think there is no other way, nor no better way to prevent wickedneſs in Children, than this I have propoſed; which perhaps, you may ſay is needleſs, becauſe you know already how to order them;

I beseech your pardon; for we are not so fit to advise our selves as others, for our Indulgence oftentimes blinds us: Therefore we are fitter to Advise one another then any one to Advise themselves.

Neglect of Childrens good, by being over-fond ruines them; too much Severity doth so too: I cannot tell which is worst. Therefore it is good to shun both, and to keep the middle way.

All you Children, who have Parents living, observe your Duty to them, and whatsoever they Command you, do, and God will bless you the better; for he hath Commanded you, to *Honour your Father and Mother*. If they do Chide you, bear it patiently, and do not provoke them to continue their Anger by unreverent Answers, but be silent and submissive to them.

Be careful of your time when you Learn any thing; and do not let the Money (which they are willing to disburse for you) be lost through your Idleness. Observe every one how they do order their Houses, and how they do make this or that, and what you cannot re-

member

ember; that write down; that it may
ead you another time.

Be careful of your Parents when they
e Sick, and reverence them when they
e Aged. Burthen them not when you
ome to be of Age of Discretion, but
ink with your self how, or which way
ease them.

Take heed what Company you keep,
r fear they corrupt you, and draw you
to mischief.

Go not from your Parents without their
ave, least you grieve them; and bring
Curse upon your selves, by Disobeying
hem.

Depend on no Friends, but trust in him
who is able always to provide for you, and
at will never fail those who wait upon
im patiently without distrust; he is never
eary of hearing the complaint of the
Widow and Fatherless, nor of any who
re in distress. On the other side, do not
neglect or slight your Friends, but shew
your duty to them in your respects, and
ive ear to their good Counsel.

When you are absent from your Pa-
ents, be sure to Write to them so often
need shall require, and let not what

you Write be impertinent and troublesome.

If God hath blest you with a good Lady or Mistress, be you observing always what may please her, and be humble and modest in your Behaviour; be neat and Housewisely in your Cloaths, and lay out what mony can handsomly be spared. Be careful of what she gives you, or what you have in your Charge, that by so doing you may oblige her to be loving and kind to you, and cause her to speak well of you. Do not keep familiarity with any, but those by whom you may improve your time.

If you be an Apprentice; be careful that you learn your Trade well, that you may live another day: and let not the Money your Parent or Friends gave for your good be thrown away by your Neglect and Carelesness.

If God hath blest you with a Fortune, be careful to improve it and trust not too much upon it. Never consent to Marry with any Man without your Parents or Friends Consent, least you be the Cause of of their Grief and Sorrow and bring your selfe to Affliction and Misery.

All

All you who have any Young Maidens, or Gentlewomen, under your Charge or Tuition, be you alwayes mindful of their Good as well as your own. If they are put to School to you, or Apprentices, let them not loose their Youthful time, which cannot be redeemed, but keep them strictly to their Duty in a loving and mild way. If they come as Servants to you for Wages, be not cruel to them in severe Language, nor impose more upon them than they shall be able to perform; nor pinch them in their Diet, but allow them such Food as is convenient for them.

When they do their Duty to you, be you pleased to encourage them, by giving them good words, and bestow some small Favour on them. Advise them how to lay out their Mony, and never to spend all, but keep some for a reserve. Let them go decently, not vainly and proudly: and command them duly to the Service of God.

I think I have spoken sufficiently to all I mentioned; and as I mean well, so, I hope, you will all of you take it well. With this my advice I wish you the Blessing of GOD,

and do it for the same from you upon my self; which is all the Gratification I do desire or expect from you.

Be pleased to take notice, that in my Book, *The Ladies Guide*, I did give direction for the Writing of Letters, but it was only to such as were Young, and to Servants. I think it not amiss to give some Forms or Patterns of Letters for Elder, and more serious people: for I do daily find, that in Writing most Women are to seek. They many times spend their time in Learning a good Hand; but their English and Language is, The one not easie to understand, The other weak and impertinent. I met with Letters my self sometimes, that I could even tear them as I read them, they are so full of impertinency, and so tedious. I will begin with one of them; not that you should take example by it to do the same; but I set it as a thing to be abhorr'd, and shun'd.

From

From a Sister to a Brother, far distant from her.

Dear Brother,

MY love remembred unto you, hoping that you are in good health as I am at the writing hereof, praised be God. I hope you got well to your Journeys end; I pray let us know. My Father and my Mother do remember their Love to you; and my Sister *Betty* remembers her Love to you; and my Brother *John*, and my Brother *Nicholas* do so too: and my Couzin *Chance* is Married, and she doth remember her Love to you, and her Husband remembers his Love to you, and to be acquainted with you. My Couzin *Robin* remembers his Love to you; and my Cozin *Nan* remembers her Love to you; and I remember my Love to you. So I rest

Your loving Sister till death,

Elizabeth Spanner.

You see in this Letter how ridiculous it is to Write after this manner, the language being both impertinent and foolish. Give me leave now to shew you

what ill Englisſh is, and tell me which is worſt, for I do not yet know.

From a Daughter to her Mother.

Dear Mother.

MY duty remembred unto you hopping that you are in good helth as I am at the Riting hereof praiſed be God, this is to let you underſtand that I have receved the things you ſent to me by *Tomas Frenge* and he had a grot of me for the bringing them, i pray do not forget my Come i left in the Kichen windo and my Aporn in the Chamber, pray ſend them all to me, I hop my Father is wel and my brother *Ned* and my ſiſter *Joice* and i hop gody *welſh* is wel thus with my love and duty to you i reſt

your dutiful dafter

Ann Blackwell.

Now I have ſhewed you how ridiculous and ſimple, and how impertinent theſe are; I will alſo ſhew you how to Write that it may be effectual in what you

you shall desire, and also acceptable to those you Write to. You shall find here Letters upon all Occasions which commonly concern us; and some others which accidentally may happen. Observe that you are not to Write word for word, but to take the manner of the Form it will teach you, and by so doing you may save your Purse, and keep your Secrets to your self.

Take notice that those Letters I shall write as from People well knowing, is not to teach them how to Write, but to teach you how to Answer them.

From a Mother to a Daughter in a Ladies Service.

Dear Child,

I Do desire to know how you do in your Service, and whether or no you think you shall be able to perform what you have undertaken: however I command you to be very diligent to please, that you may by that oblige your Lady to be kind to you, and willing to keep you. Be careful to serve God, and be pleasing in your Carriage to all People. So soon as I know you shall stay I will send your Trunck, and other things.

Thus with your Fathers and my blessing to you, and your Brothers and Sisters Love, I rest

Your careful and loving Mother,

March 3. 1663.

Sarah Wild.

The Answer.

Most Dear and Honoured Mother.

I Received yours dated *March* the third, and do give you humble thanks for your Motherly Care of me; I have not yet been long enough to give you a full account how my Lady will like me: I hope well, because as yet she finds little or no fault with me. I beseech you to assure your self, that if I should be turned home to you again, it shall be for what I cannot do, not what I will not do; but I hope better things, and I will stay here if it be possible, for it is a worthy Family, and they are very kind to me. My Lady likes my Dressing very well, and also what I Starch, but she would fain have me more curious in my Point-Work. She will not let me wash her Chamber because I should not spoyl my Hands for Work. If she like me well, I shall

shall be glad, for I like her Service very well. Thus with my humble Duty presented to you and to my Father, with my Love to my Brothers and Sisters, and to all my Friends: I take my leave, and do besdech you to esteem me as I endeavour to be,

Dear Mother,

Your most Obedient Daughter,

March 10. 1663.

Mary Wild.

From a Sister to a Brother.

Dear Brother,

YOur absence at first caused much Grief, both to our Parents, and to us your loving Brothers and Sisters; but since we hear of your welfare, and very good liking, we are as much joyed, and do heartily wish and pray for the continuance of the same. We want the comfort of your Company; but we cannot live by sight of each other. This is a miserable World, and every one must be Careful and Industrious, or else it is impossible to wade the Troubles which it brings people in. We are happy in our Parents, that they took such good Care for

for us in our Education, to make us able to live in the World. I thank God I am in a very good Place, where I have the Love and good word of the People I serve: I do not doubt but to gain it more and more. My Mother as well as my Father Commanded me to write to you, and as you know their Indisposition, or else my Father would have Written to you himself. He hath been ill of the Gout, and my Mother of an Ague; but I hope they will both do very well again. My Brother *James* hath also hurt his Side by a Fall, but he is on the mending hand. Thus with my Fathers and Mothers Blessing to you; with mine, my Brothers and Sisters Love to you, I rest,

Dear Brother,

Your ever affectionate Sister,

Decemb. 4. 1685. Martha Shepeverell.

From one Friend to another.

Honoured Friend,

I Have written to you several times, to let you know what I have done concerning the Business you were pleased to intrust me withal; but hearing no

Answer

Answer, I fear my Letters have miscarried. This is now again to give you an account of what I have done. So soon as your Letter of commands came to my Hands, I went streights to Mr. *Shower*, and demanded your Money, delivering the Letter of Attorney you sent, to peruse, that he might know the truth, but he willing to shift off, told me, that he would pay it to you so soon as he could see you, and speak with you about some Business which concerns your good. If hee keep his Word it will do very well, I was also with Mrs. *Madewell*, and she hath paid me; also with Mr. *Stockwell*, and he hath paid me. I pray do me the favour as to see my little Girl for me, and know what Nurse wants and I will send it down. I shall trouble you no more at present, save only with the Service and Respects of

Your most affectionate Kinswoman,
and Humble Servant,

Novemb. 2, 1667.

Ann Bozman.

The

The Answer.

Dear Friend,

I Received yours, wherein you have given me full satisfaction concerning what I desired you, for which I most humbly thank you, and do desire you will be pleased to accept this Token from me: I wish it were better; but I know your Temper so well, that your Eye will not be over-curious with me, nor mind the Gift more then the Giver, but take all in good part. I have seen your little one, which is in good health, Nurse wants nothing as yet. All our Friends here are well, and desire you to accept their Love and Service. Thus with mine in particular to you, I rest

Your ever obliged Friend,
and devoted Servant,

Novemb. 2. 1667. J. M.

From one Sister to another.

Dear Sister,

I Am very glad to hear you do so well, and that you have recovered your Health again; I pray God continue it to you. My Mother remembers her

Love

Love and Blessing to you, and desires you will send her the Reciept for the Stone; for she hath great need of it, both for her self and others. She desires to know when you think you shall come to Town. I am in a little haste, and nought else at present, but my dear Love and Respects to you, and to tell you that I am, and ever will be,

Dear Sister

Yours ever to love and serve you,

Decemb. 6. 1669. Mary South.

From a Lady to a Gentlewoman, whom she hath a kindness for.

My dear Friend,

YOur Humility commands what Favour lies in my power to do for you or yours; therefore if you can condescend that your Daughter shall be a Servant to me, you shall find that I will be more a Mother than a Mistress to her. I doubt not of her Abilities, since I know your care hath been very much for her Education. However, I may find her not at present altogether fit for my Service, yet *I* am confident she will be capable that *I* do intend her good; and

and in relation to that, I know she will endeavour to please me, or else she must not be your Daughter. Fear nothing in me, I value your worth, and shall also value your Child; and what is wanting in her, I shall not spare my Purse to give a full Accomplishment to her; therefore if you please to send her speedily it will be very well, because at this time I am destitute, yet I might have the Choice of many Accomplisht Women, were it not a particular Kindness I have to you, that causes me to refuse them. I desire you will let her be handsomly Cloathed for your Credits sake, which, if you lack Mony to do it, let me know, and I will soon furnish you. Thus desiring you not to delay, I remain

Your Friend to love

and serve you,

M. C.

The Answer.

Madam,

YOu have so much obliged me by your goodness and Charity towards me and my poor Child, that we are even transported with joy. Poor Girl, she sleeps not in the night, least any thing should happen to hinder her comming to you. Her Cloaths are making but indeed I have not wherewith to pay for them, nor to provide other things which she very much wants: therefore since it is your Ladyships pleasure to send me Mony, I beseech you it may be speedily; and so soon as her Cloaths are finished, and other things bought, she shall tender her Duty, and Service to you, and I will give her the best Instructions I can. I hope she will not be refractory to her Duty, but strive to be a good and faithful Servant; yet, if she should have any Childish faults, I beseech you, pleased to let me know, that I may rebuke her for them. Be pleased to accept of my humble Service, and to believe that I am, *Madam,*

The most humble of your

poor Servants,

C. H.

From

From a wife to her Husband Craving his pardon for her long absence from him.

Dear Heart,

WHen you gave me leave for my Journey, I did intend no other but to Return according to your Order; but the much Kindness, and Intreaty for my stay, together with the late very ill Weather, hath caused me to transgress my bounds, which I do wholly trust to your Goodness to pardon, and do the more hope for it, because it is the first time I ever offended you in this Nature. I do desire, you will please to let me know how you and my Children do, and whether our Servant doth her Duty; likewise how our little one at Nurse doth: and I desire you also to send me some Money speedily, to bear my Charges to you. This is all at present, save only the Love and Duty of

Your most obedient,

and loving Wife,

E. D.

From

From an Aunt to her Neece.

Dear Neece,

YOur Parents being Dead, *I* would have you take notice that *I* shall take Care of you; therefore do not think your self destitute in the World. On the other side, *I* would have you endeavour what you can for your self, in an honest way; but want nothing that is fitting for you. Be careful you do not consent to Marry with any Man, without my leave, for fear you make your self Unhappy. *I* have sent you a Bible, and twenty shillings in Money by the Carryer. *I* pray let me know if you have received it, or no. Be careful in the first place to serve God, and to please those whom you serve; and you shall never be forgotten by

Your most Affectionate Aunt,

M. C.

The

The Answer.

Honoured Aunt,

I Never doubted of your Kindness; but could not have expected so much as you are pleased to shew me, because I know I have never deserved it: But since I know your Care for me, I do assure you that it shall cause me to be more careful of my self. I have received the money and the Bible, and do give you most humble and hearty Thanks for them. My Lady finds little or no fault with me, therefore I presume I do please her. I have not an overstock of Cloaths, neither can I complain of much want; yet if I had a new and fashionable Gown it would do me Credit. I have somewhat towards it, and if you please to make it up, I shall be the more bound to pray for you; because no Body is now esteemed without fine Cloaths. For my Marrying with any one without your Consent, I shall not be so mad; neither do I think any Man will as yet be troubled with me. When you think it is time, I had rather take your Choice that my own: In the mean time, I shall endeavour only to perform what

what I am obliged to; and to shew my Duty to you. Thus with the tender of my humblest Respects, and Service, I take leave humbly, and remain,

Dear Aunt,

Your most obliged Niece,

and most humble Servant.

E. C,

From a Widow to her Friend, desiring her Assistance.

Dear Friend,

I Stile you as I have alwaies found you: But now is the only trial of a Friend in this my necessity. It is not unknown to you the Charge which I have now upon me, and the many Troubles I am involved in; my Husband having had a long time of Sickness, and died in Debt, so that I have little or no Comfort in my life: Yet, if I had a stock to begin, I could set up my own Trade, and live very well; but who to ask, besides your self I do not know, and how to ask you, I cannot tell, having already been so much obliged to you; yet my Necessity enforces me to crave this one Favour from you, That you will please to lend me 10*l.* for the space of one whole year,

and

and I will faithfully return it again with many Thanks. This if you will please to do, will give a new Life to

Your most faithful Friend,
to love and serve you.

The Answer.

Dear Friend,

Am very sorry for the occasion of your said Letter, and shall not deny your Request, in hopes that the grant thereof may make you happy: yet I do assure you, that were it any one else who did sue to me upon such an account, I would deny them; for the World is so base, and Mony so hard to come by, that there is hardly any that will let Mony go out of their hands: I shall freely lend you so much, and for a longer time than you do propound; but I would fain speak with you first, and advise you in your Way: Therefore do not delay the time, but come as soon as possible you can, and you shall find me then, and for ever,

Your most faithful Friend,
and ready to serve you.

From

om a Woman in Prison to her Friend to help her.

Dear Friend,

Suppose you have heard how wrong-fully I have been dealt with since my husbands departure; how they have ac-used me of what I was never guilty of, nd cast me in Prison to my great Discre-it, Charge and Detriment in the World, o desire that loving favour of you as to me and see me, and to lend me a small m towards the defraying of my Charges ere, and then I make no doubt but I shall et quickly quit of this place. *Dear Friend,* ave Pity on me, and if ever it lie in my ower, I will restore you Seven-fold. Thus ith my due Respects to you, desiring eedily to hear from you, I rest

Your true Friend and Servant.

The Answer.

Dear Friend,

I Am extream sorry for your Trouble, and do verily believe that you are uch wronged, therefore I shall assist ou in what I can. I have some busi-ess to dispatch this Week of great con-cern,

cern, which will keep me in; but upo
Monday next (God willing) I do i
tend to be with you, and answer your de
sires: In the mean time I desire you t
comfort your self, and to be assured th
I am

Your loving Friend to serve you.

From a Seamans Wife to her Husband.

Dear Husband,

SInce your departure our little Boy
dead of the Small-Pox; and our Gi
hath been ill too, but now I thank Go
she is reasonable well again. I desire yo
will remember to bring me home some li
things for my House. *Edward Long* al
desires that you will not forget what h
spake to you for; as also Mrs. *Chapp*
We are very glad for your safe arrival, an
wish you a speedy and safe return; but e
specially

Your poor but loving Wife.

From a Servant to her Mistress, concerning her Charge.

Madam,

YOur sweet Children, I thank God
are all very well; but think lon
for your comming home. I have spok
with your Tennant, Goodman *Porter*, and
he

desires you should know that the Mony shall be ready for you at your Return; but as for the Widow *Totnham*, she hath had great Loss lately, therefore she desires your Patience yet a while. I have no more at this time but the tender of my Duty and Service, beseeching you to believe that I am

Your obedient Servant.

A Letter of Complement from one Friend to another.

Honoured Friend,

THe last time I saw you, you laid on me such an obligation of Kindness as I fear I shall be never able to Requite; but I will endeavour what possible I can. I wish you would do me the Favour as to lay your Commands on me, then I should give you some proof of my Gratitude, and I know you are so good as that you will accept the Will for the Deed. I desire you will please, when you have a leasure time, to Honour me with your Company; of which I shall be proud as well as happy, and I presume our Air would do no harm, but rather good; you also add to the Favour, if you please to let me know a little before, that

that I may meet you some part of the way. Your God-son is very well, but is not able as yet to shew his Duty to you. I desire you will please to bring little Miss with you, and then I shall hope to enjoy your Company the longer; for I know you cannot be without her many daies. If you please to grant this, you will oblige her who is, and ever will be

Your most humble Servant.

The Ladies Answer.

Madam,

ALL that I have ever done, and can imagine to do, cannot merit the least of your expressions, which if I did not believe to be Realities, I should wrong you much, for I am very well acquainted with your temper. For your desire of my coming to wait on you, I do assure you, you might have spared your Invitation, for I did intend to come however; and seeing it is your desire that Miss should come too, she shall wait on you with me. I cannot tell what day I shall come as yet, neither am I willing to tell you if I could, because your free and noble heart will

be

apt to transgress the bounds of my de-
sires; else I should be very glad you should
be satisfied when I would come. Some-
time within this fortnight I shall not fail;
know that I am, and ever will be

Your truly devoted
and humble Servant.

A Letter from a Mother to a Daughter, who had gone astray from her.

Susanna,

I Could never have believed I had so wicked a Child, as you have proved your self in your late Actions: You have not only afflicted me, but utterly ruin'd your self, your Person and your Credit for ever. Had your dear *Father* lived, you never durst have offered to think upon such Wickedness; His Severity kept you in awe, but my Indulgence hath spoiled you. What Cause had you justly to leave me? I cannot tell, nor imagine any; but only that bad Company (which I have often gave you warning of) I believe hath enticed you. You are my Child still, though never so bad, and I your Mother

and if I thought you would be reclaimed I would freely forgive you all that is past, for my heart still yearns upon you, but if you resolve still to go on in Wickedness, think not of comming near me. Therefore bethink your self speedily, and let me know what you intend to do. I am yet

Your very loving, though very much afflicted Mother,

E. H.

The Daughters Answer to her Mother.

Dear, and Honoured Mother,

GOD forbid that your Indulgence to me should be the Cause of my Miscarriage. I do confess my Fault, and most humbly crave your pardon; which I desire I may be assured of before I do return to you; else I know not with what face I shall look upon you. You are not at all deceieved: It was that ill Company you warned me from, which did entice me upon pretence of going only to make Merry; but after I was gone from you, I soon perceived they would

would have quite ruin'd me; and I fear you do believe they have in part done so; but I do assure you, that no harm hath happened to me, save your just displeasure for my comming away, and the discredit I have got by so doing. I stayed not in their Company, after I found out their design, but gat me from them unawares, and would willingly have returned home, if I durst: Therefore be pleased to quiet your Thoughts, and do not think your Child is a Strumpet, although she hath done foolishly. If you please to receive me again, and freely to pardon me, you shall find that I will strive alwayes to shun the occasion of Evil, and ever be truly carefull to obey you in all things. Therefore, *Dear Mother*, forgive your poor unworthy Child, and she will be always bound to pray for you, and ever be

Your obedient Daughter,

M. H.

A Letter from a Gentleman to a Relation of his; wherein he doth advertise her of some Accusations laid against her.

Madam,

I Chanced not long since to be in some Company, who, methought, did take a great deal of liberty to speak of you; and indeed their language was such, as I held it more wisdom to employ my self in a Book which lay by me, than to seem to observe, or to participate with them. I assure you, I minded not the Romance that was before me, but wholly employed my Ears to bring me (if possible) what the drift, and what the occasion was of their Discourse; but instead of satisfaction, they created in me a multitude of Troubled Thoughts. I had ever an honourable esteem of your Vertue, and have been so great an Admirer of your Person, and excelling Beauty, that I have suffered (though never known to you) great torment for your sake. Love indeed did command me to commence my Sute to you; but the near relation we have of each other forbad me: However, I know I did not transgress, in continuing an innocent Love

and Respect to you, and resolution to serve you in what might be in my power to do for you; also to vindicate your Honour upon all accounts. Now, *Madam*, perhaps you will say, Why did you not do so now, when you heard me Abused and Aspersed? Your pardon I beseech you for that. I Answer thus: I could most willingly have given that Person who did most villifie you, a Challenge, and would have been content to have lost my dear Blood for you, could I have had the happiness to hear from you how the business was: For to answer Mens Passions without the true ground of all, is rash and vain. I presume it will oblige, though not please you to have this intimation: and it will oblige me more to hear from you, what might be the occasion of this. I doubt not but you will deal candidly with me, which will teach me what I have yet to do. I blush to question you; but it will be no prejudice for you to Answer: therefore do him that Favour, as to receive a few Lines from your Hands, who is, and alwaies must be,

Madam,

Your truly devoted, and most humble Servant

The Ladies Answer; in which she vindicates her self.

Most Honoured Sir,

YOU have done me great Honour in telling me of my Dishonour. I fear not to give you a full satisfaction of what you desire, but am infinitely concerned for your disturbance. What Person he was which was so free of his Speech, I presume will not, nay, I know, dares not affirm to my face. Such pitiful Cowards would be Cudgeld into better Manners: They are not worth a Challenge.

Sir, For these very high Expressions you are pleased to make of me, I am Conscious to my self, I never deserved them, therefore your Obligation is the greater. I have no way to requite it, but to return to you the same Respect you say you have for me. If you dare be confident that what I say is Truth, then beleive, *Sir*, I never yet did transgress the bounds of Modesty. Had I yeilded to his base Design, he had never branded my Honour. I am glad you commanded your Passion so well as not

to fight: It would have been a lasting Trouble to me, if you should have lost one drop of Blood for my sake. Let me alone with him, I will get some sturdy Porter to Kick him for me. The scandal is great: but my Honour will be the greater when the truth is known. Be pleased to do me the favour as to let me see you, and then I shall more amply give you an account. In the mean time I beg the esteem of being

Your most obliged Kinswoman,
and very humble Servant,
E. N.

From a Gentlewoman to her Father.

Honoured Sir,

I Should be unworthy of such a Father, if I did not by all means possible, endeavour to testifie my Duty to you, there being a double Obligation upon me since my dear Mothers death. Your absence is my great Grief, and much the greater because you are so far distant from me. I shall pray heartily for the dispatch of your business, and for your safe return: In the mean time, I shall observe the

Command you to me. This with the tender of my humble Duty, is all at present from,

Sir,

Your obedient Daughter,

From a Gentlewoman to her Uncle, who had the Charge of her.

Honoured Uncle,

COuld you know how unwilling I am to displease you, you would not have such fears when I am from you. I wish I could tell you to give you confidence of my Obedience, which I doubt not to testifie whenever I shall have the happyness to see you; and in relation to that desire of mine I shall make as quick a dispatch of my busines as is possible, and do not doubt but that you will be fully satisfied that I am,

Sir,

Your most affectionate Neece, and humble Servant.

From

From a Widdow to her Landlord.

SIR,

I Beseech your Patience till Thursday next; when (God willing) I shall not fail to wait on you, and bring all that is due. I should have come before now, but that I was disapponted by those who faithfully promised me; and because I would not deceive you any longer; I have craved from a Friend to lend me some Mony to make up your sum: Therefore think not ill of this delay, but esteem me

Your honest Tenant,
and humble Servant.

From a Gentlewoman of Quality to her Brother at Oxford.

Dear Brother,

THe content I have in the thoughts of your most pleasurable life, doth somewhat mitigate my Grief for your absence; yet when I am alone, and have none to condole with me, I hardly know how to satisfie my self. If you would be pleased to Write to me more frequently, it might much allay my Passion: for I should then fancy that I did Converse with you; nay,

and see you too; but I fear that your Studies will not admit you so much idle time as to think of me long, your Genius being wholly employed to hear the Sage Philosophers, and the Muses, which I do imagine cannot choose but be very delightfull. However, be pleased to accept my dear Love and Respects, and believe that I am

Your most affectionate Sister.

From a Gentlewoman in Answer to a Letter from a Gentleman who courted her.

SIR,

I Received your late Lines, which very much surprised me. The Expressions you are pleased to make, are very far greater than I am able to deserve. I wish you would undeceive your self; and if you have a true Respect for me, you must also be confident, that I will not tell you that which is not Truth. Believe me then, *Sir*, I have not that Fortune you hope for, and therefore shall not entertain one thought of giving any Countenance to your Suit. I know it is an ordinary thing, in these late Times, for Gentlemen, when they hear of a For-

Fortune, presently to make their Addresses to that Lady, or Gentlewoman, let her be as deformed, or unhandsom a Creature as is imaginable. And for the most part, Women are apt to believe their abominable Flattery, when (God knows) it is their imagined Fortune, they Court, and not their Person: And for fear any other should rob them of that Felicity they promise to themselves, they huddle up a Match; but when all things come to be made clear, they then begin to think how they shall quit themselves from that wicked Woman who so deceived them, when indeed they had no reason to complain, but of their own Covetous Humours. However he must now think of some way to advance himself, and leave this miserable Woman to shift for herself, and while he yet pretends great Kindness to her, he gathers up all the Money he can to fit him for his Intentions, and if perchance he have not an opportunity to go out of the Land, but fears therefore to be persecuted by her, or her Relations, he then protests that she was never his lawfull Wife, so, that unless she can bring a Certificate to Testifie when and where

she

she was Married, she quite defeats her; and then is she esteemed no better than a Whore, others go away beyond Sea, and get employ there, and never think upon the person whom he hath so highly injured, unless it be to laugh at his Misery, and admiring his own Wit in serving of her so. If Women were of a more Jealous nature, and would consider the Policy of Men, they might be generally happy, whereas now very few are so. I have seen and known so much, as it hath given me a sufficient Caution to beware of them.

And now in that to Marry you do well take deliberation, and crave Gods assistance and my Friends advice, before I proceed in any such business. Therefore I do beseech you not to take it ill, if my Answer correspond not to your desires. If you have Respect for me in that way, I am sorry for it, because I cannot Answer it. I am sure there is nothing in my Person that is attractive, neither is my Fortune worthy one of your Quality and Estate. I have no more to say, but that I shall be very careful of my self, and if you please to give your self

no

no further trouble, but desist, I shall ever be

Your obliged Friend.

Another Letter from a Gentlewoman, to one who Courted her for his Mistress.

Unworthy Sir,

I Had scarce patience to read your Lines, after I perceived your base design; but perswading my self I might the better Answer you, I forced a forbearance of my Passion from tearing them.

Now know, *Sir*, that if you do not make me some Satisfaction for this Dishonourable Sute of yours, by asking my pardon before some of my Frinds, you shall receive your due reward for such Villany. If you have a mind to a Whore, there are enough without tempting of honest Women from their Husbands. Thus desiring you to consider who I have Written, and to have a care of your self for the future, least you meet with some Friends of hers,

Who is not yours.

I

I have now done with the Letters having given you the Forms of as many as may teach you all the rest, that possible you may have occasion for, and did here intend to have finished my Book; but being unwilling to keep any thing from you, I here present you with a very good Receipt; how to make Wax-work; which if you carefully observe, it is a very sufficient Direction.

How to make Wax-work.

RED-Lead is for Oranges. When your pure White-wax is melted take it off the fire, then put in so much of the finest Red-Lead as will make it of an Orang colour, then wet your Moulds and pour it in; but be sure that you stir it well together to mix it first. Red-Roor is for all Red, for red-Paste; and that Roor must be boiled in the Wax a while, till you find the Colour very good. For Prunes a little Lamb-Black: For Rasberries, Lamb-black and Red-Lead together, so much of each as your discretion shall think fit. Vermillion for Flesh-colour: Verdigreace for

Willow-

Willow-green: and if you put a little Turmerick to it, it will make a perfect Grass-green; Saffron also will do the same, and find likewise Turmerick and Saffron, or either of them makes a Lemmon-colour; and also some kinds of Apples and Pears, and yellowish Plumbs; which when they are cast and cold, and taken out of the Moulds, you must colour them with a Pencil, with streaks and spots as you think fit, and with those Colours you think most natural for them. You must have all your Colours purely ground. Saffron or Turmerick will serve for any kind of Paste that should be Yellow, or for Cakes; but then you must white the bottoms of them, to make them look like Wafer-sheets. If you observe well the Transparent Work you may take several Colours from those Rules; and if you would gild any thing of Wax-work, you have already the Rule in this Book punctually given.

To

To make the Moulds for the Wax-work.

Take Plaister of Paris, and mix it with Water, and make it like Paste, as much as will serve for half a Mould at a time; for you must do no more, because it will dry so fast; then lay it upon a Board, so what you will, have a Mould on upon it and let it lie till it be dry; when you have done the one half of the Mould, then do the other.

Note, That whatsoever you lay upon your Plaister of Paris, to make the Mould, must be first anointed with Linseed Oil, or else it will stick so fast as you can never get it out again; and be sure to wet your Moulds very well in Water before you pour your Wax into them, and when you have pour'd it in, wave it up and down in your hand, that the Wax may run into every part of the Mould.

Now for Images; you must put every piece in its place, and tie it up, and fill the hollow place full with Water; and then pour it out, and pour in the Wax, and shake it about till it be reasonable cool; then take off the pieces from it, and order it as you think fit.

In-

In the same manner you must shake your Sweet-Meats or Fruit, and when you find that it is a little cool, take off the one half of the Mould.

A very fine way to make the likeness of many several things in Wax, without the help of a Mould.

Melt pure White-wax, and colour it for what you intend it; then take an Orange, Lemmon, Apple, Pear, Plumb, or any other Fruit which you fancy, and tie a string to the stalk, and anoint your Fruit first with pure Sallad Oil, then let it down by the string into the melted Wax, and presently pull it up again, and hang it on a Line till it be cold; then with a hot knife cut gently down each side, and take out the Fruit within; then heat your Knife again, and hold the two halves together, and close them neatly with your hot Knife, and so you have the direct shape: You may do so with an Egg, if you first make a little hole at each end and blow out the meat, and then draw a string through it with a knot at one end. Radishes with

with their Green-tops look very pretty. Green-Pease-cods, Beans, Walnuts or small Nuts, Chesnuts, black and white-Puddings, Sausages, Dishes, little Cups Plates, or any thing almost that you can think of; for there is nothing which represents things more lively than Wax; if they that do it have skill for the Colours, or else it will look as unhandsomly.

To take the shape of your own Hand.

Have your Wax melted, and coloured Flesh-colour, then dip your Hand as high as you would have it in pure Salad Oil, or rather annoint your Hand all over with a Feather. And when the vehement heat is out of the Wax, dip in your Hand, and presently pull it out again; and when it is cold take a hot knife, and cut it in such places as that you may get out your Hand, and close it again with a hot knife. Thus you may also take the shape of your Legs.

For a Dead-body for the Face.

You must anoint it with Oil, and then our the Wax all over it, and when it is ld take it off, and where you see it ulty, mend it with a hot knife: And if ou would have the shape of the Armes, r of the Legs, you must dip them in, as have said before.

r Eggs to be hard and cut in quarters.

Take an Egg-shell, as I have said be-ore, and when you have dipped it, and hat it be cold; cut it with a hot knife n four quarters, then take the Yolk of very hard Egg, and press it down gently into some Plaister of Paris, as before, half way; but first remember to Oil your Egg: when one half is made, hen make the other, and then have melted Wax in a readiness of the colour of the Yolk of a hard Egg; and then when it is cold, cut it in four quarters and fasten them with a little strong Gum-water to the fore-said Whites. In this Wax-work you may represent a Fridays, or Lenten-Dinner, as well as a Banquet,

Banquet, and both of them would
excellent well; but I would not wish
invite a Woman that is with Child to
it, for fear of harm. You may, if y
please, mix a little pure Tallow in t
melting of wax, to make it go the further
When you take the shape of any dead Fa
you must put a little Clay round about
Hair, to keep the melted Wax from r
ning where you would not have it, else
will run very much to waste I have know
a living Bodies Face taken; but that m
be with a great deal of Care; the Face b
ing first well annointed with pure Oil, th
Wax not too hot, the Eyes shut, and Cla
at in the other, to keep it off from the
Hair, and be sure you make haste t
make holes for the Nostrils, for fear yo
stop the breath of the Party; then after-
wards you may make the Eyes according
to your discretion, and colour the L
with a Pencil, with some Vermillion and
Gum-water.

Now because you shall be excellent at
this Art, I shall give you the knowledge of
more Colours, and how to make some of
them your selves, which may save you
some

mony. These Directions, with your n Ingenuity, will make you perfect.

Orient Red Colour.

Spirit of Salt and Smalt mixed together, makes it of an Orient Red colour.

Green.

Verdigreace and Argil ground together make it very well.

Yellow.

The yellow Chives in white Lillies, Saffron and Argil ground together very fine, make it excellently well.

Grass-Green.

The Liver of a Lamprey dried and ground very fine makes a perfect Grass-Green, and very durable: Also Yellow and Blew mixt together make a perfect Grass-Green.

Purple.

Purple.

Take the juyce of Bilberries mixed wi
Allom and Gall; and for a Murry ta
Rosset.

The Berries of Buckthorn gathere
green and dried, make a very fair Yello

Another for Green.

Take the Berries of Buckthorn whe
they are through ripe and black, brui
them in a Copper, or Brass-Vessel, an
set it three or four daies in a warm place
then heat a little upon a fire, and put in
it some Allom-water, then press it fort
and keep it in a Bladder, and hang it up ti
it be dry.

A pure Black.

IT is made with the smoak of a Torch
held under any thing which is made o
Tinn.

You may, if you please, wash ove
your Wax-work when it is done, with
little Gum-Arabick Water if you woul
have them look glossie.

Date

Date-Stones well burned upon a Colli-
Hearth makes a pure Black; and ſo
th burnt Harts-Horn, and the Gall of
Neat ground together, and dried in a
ell in ſome ſhady places. Theſe are all
ry good for Black.

Burnt Ivory, or burnt White-bread
alſo good Black.

Note, That the ſmoak of a Torch or
nk, as I have ſaid, held under a Latten
aſon, is that which we call Lamb-black.

For Blew.

Take fine Litmoſe, ground with Ce-
uſe as pale or as deep as you pleaſe, by
tting in more or leſs of either of them.
lſo two parts of Ceruſe, and one of Red-
Lead doth make a perfect Crane-colour.

For a Dark Red.

Take Turnſoil-Rags, and let them boil
the wax for a while, till you find the
Colour to your mind.

To

To make Spanish-white, which may save your Money, for much of that is used in all Houses generally.

Take two parts of fine Chalk, and one part of Allom, grind them with fair Water till it be thick like Past, then roul it into Balls, letting it lie till it be dry; then put it in a clean Fire till it be red-hot, then take it out and let it cool, and keep it for your use.

I Shall Conclude with some Observations, which I desire those, who desire to be good Work-women, will take notice of, because what ever they employ themselves in, they may be able to give an account of, and not work Nonsence. If they observe these Directions I give them, they may be able to teach them who are to Draw them.

I have seen such Ridiculous things done in work, as it is an abomination to any Artist to behold. As for Example: You may find in some Pieces, *Abraham* and *Sarah*, and many other Persons of

Old time, Cloathed as they go now a-
dayes, and truly sometimes worse; for
they most resemble the Pictures an Bal-
lads, Let all Ingenious Women have
regard, that when they work any Image,
to represent it aright. First let it be
Drawn well, and then observe the Di-
rections which are given by Knowing
Men. I do assure you, I never durst work
my Scripture-Story without informing
my self from the Ground of it, nor any
other Story, or single Person, without
informing my self both of the Visage and
Habit; As followeth.

If you work *Jupiter, the Imperial*
Signed God, He must have long Black-
Curled-hair, a Purple Garment trimmed
with Gold, and sitting upon a Golden
Throne, with bright yellow Clouds about
him.

Mercury, *the Messenger of the Gods.*

With long Yellow Hair Curled, in a
Coat of Flame Colour, with a pure
white Mantle, trimmed with Gold and
Silver, his Beaver white, and white
Feathers like Wings; his Shoes Golden,
and his Rod of Silver.

Apollo, *the Physical God.*

With long Curl'd yellow Hair, with a Lawrel Wreath, a Purple Robe, a Silver Bow, a Golden Harp, and Throne of Emrauds.

Neptune, *the God of the Sea,*

With long hoary Hair, a blew or Sea-green Mantle trimmed with Silver, riding in a blew Chariot, or upon a Dolphin of a Brown-black colour, with a Silver Trident in his Right-hand.

Pluto, *the God of Riches,*

With Black Curl'd Hair, in a Robe of Cloath of Gold.

Bacchus *the God of Wine.*

With Curl'd Brown Hair, Cloathed in a Leaopards Skin spotted, or in a green Mantle, Crown'd with a Wreath of Ivy or Vine-Branches, his Complexion Tawny.

Hymen, *the God of Marriage.*

With long Yellow Hair, in a Purple or Saffron coloured Mantle.

Vulcan, *the Deified Black-Smith.*

Let him be Cloathed in a Scarlet Robe.

Genius.

In a Purple Mantle, fringed with Gold

Sleep.

Sleep.

In a White Mantle cast over a Black.

Cupid.

In a Green Robe.

Minos, *one of the Judges of Hell.*

His Curuſeers to be of Gold, his Robe Blew and Silver, his Buskins of Gold, with long Curl'd Brown Hair, and Crown'd with a Golden Crown.

Momus, *the Carping God.*

With a Dark-coloured Robe, the hair of his Beard muſt be Party-coloured.

Goddeſſes.

Juno, *the Queen of the Goddeſſes.*

With black Hair, and black Eyes, with a Skie-coloured Mantle wrought with Gold and Peacocks Eyes.

Diana, *the Virgin Goddeſs.*

With yellow Hair, a Graſs-green mantle trimmed with Silver, Buskins of Silver, a Golden Bow, and a painted Quiver.

Pallas, *the Goddeſs of Wiſdom.*

With a Blew Mantle, embroidered with Silver.

Venus, *the beautiful Goddess.*

With Gold yellow Hair, attired with Black, a Scarlet Robe, and a Dove-colour or Watchet Mantle.

Ceres, *Goddess of Corn.*

With yellow Hair, and a Straw-coloured Mantle, trimmed with Silver.

Tellus, *the Goddess of the Earth.*

In a Green Mantle.

Proserpine, *Queen of Hell.*

In a black Mantle trimmed with Gold flames.

Aurora.

In a Purple Robe, and a blew Mantle fringed with Silver.

Urania, *one of the Muses.*

In a Mantle of Azure, filled with Lamps.

Vesta, *Daughter to* Saturn.

In White Garments, filled with Flames.

Astrea, *the Goddess of Justice.*

In a Crimson Mantle, trimmed with Silver.

Flora, *the Goddess of Flowers.*

In a Mantle of Divers Colours; And *Night*; In a black Mantle, spotted about with Stars of Gold.

Cere-

Ceres, *the Enchantress.*

Her under garment Gold, the ground Green, the Mantle Purple, the three Graces in Silver Robes.

The Twelve Months of the Year.

March.

Is drawn in Tawny, with a fierce aspect, a Helmet upon his head, and leaning on a Spade, and a Basket of Garden Seeds in his Left hand, and in his Right hand the Sign of *Aries*: and Winged.

April.

A Young Man in Green, with a Garland of Mirtle, and Hawthorn-Buds; Winged; in one hand Primroses and Violets, in the other the Sign *Taurus.*

May.

With a Sweet and lovely Countenance, clad in a Robe of White and Green, embroidered with several Flowrs, upon his Head a garland of all manner of Roses; on the one hand a Nightingale, in the other a Lute. His Sign must be *Gemini.*

June.

In a Mantle of dark Grass-green, upon his Head a garland of Bents, Kings-Cups, and Maiden-hair; in his Left hand an

Angle-

Angle, with a box of Cantharides, in his Right the Sign *Cancer*, and upon his arms a Basket of seasonable Fruits.

July.

In a Jacket of light Yellow, eating Cherries, with his Face and Bosom Sunburnt; on his Head a wreath of Centuary and wild Tyme; a Scythe on his shoulder, and a Bottle at his girdle: carrying the Sign *Leo*.

August.

A Young Man of fierce and Choleriek aspect, in a Flame-coloured Garment; upon his Head a garland of Wheat and Rye, upon his Arm a Basket of all manner of ripe Fruits, at his Belt a Sickle, His Sign *Virgo*.

September.

A merrry and chereful Countenance, in a Purple Robe, upon his Head a Wreath of red and white Grapes, in his Left hand a handful of Oats, with a carrying a Horn of Plenty, full of all manner of ripe-Fruits; in his Right hand the Sign *Libra*.

October.

In a Garment of Yellow and Carnation, upon his head a garland of Oakleaves with Akorns, in his Right hand

the Sign *Scorpio*, in his Left hand a Basket of Medlars, Services, and Chesnuts; and any other Fruits then in Season.

November.

In a Garment of Changeable Green and Black upon his Head, a garland of Olives with the Fruit in his Left hand, Bunches of Parsnipe and Turnips in his Right. His Sign *Sagittarius.*

December.

A horrid and fearful aspect, clad in Irish-Rags, or course Freez girt unto him, upon his Head three or four Night-Caps, and over them a Turkish Turbant, his Nose red, his Mouth and Beard clog'd with Isicles, at his back a bundle of Holly, Ivy or Misletoe, holding in fur'd Mittens the Sign of *Capricornus.*

January.

Clad all in White, as the Earth looks with the Snow, blowing his Nails; in his Left Arm a Billet, the Sign *Aquarius* standing by his side.

February.

Cloathed in a dark Skie-colour, carrying in his Right hand the Sign *Pisces.*

Ladyes

LADIES, I hope your pleas'd and
(shall
If what I've Writ, you may be gainers by
If not; it is your fault, it is not mine
Your benefit in this I do design.
Much labour and much time it hath me cost
Therefore I beg, let none of it be lost.
The Money you shall pay for this my Book
You'l not repent of, when in it you look.
No more at present to you I shall say,
But wish you all the happyness I may.

H. W.

FINIS.